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Dr. [redacted] Siddhantalankar

First-Aid Specifics of Homeopathic & Biochemic Treatment

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Dr. Satyavrata's Books on Homoeopathy

1. Homoeopathic Materia Medica (In Hindi) **'होम्योपेथिक औषधियों का सजीव-चित्रण'**: Size 23×36/16; Pages 800. This book won the Kukereta Trust Award of Rs. 1,000 having been declared as the best book in Hindi on Homoeopathic Materia Medica. Dr. Harischandra, a world renowned Homoeopath declared that it promised to be THE BOOK OF THE FUTURE. Dr. Yudhaveer Singh, wrote that such an exhaustive and portraying life-like descriptions of Homoeopathic Medicines is nowhere available except in this book. It rightly called a Homoeopathic Drug Pictures. Latest Edition, Price Rs. 60.

2. Diseases and their Homoeopathic Treatment (In Hindi): **'रोग तथा उनकी होम्योपेथिक चिकित्सा'** : Size 23×36/16; Pages 812. This book was released by Shri V.V. Giri before a distinguished gathering of Homoeopaths. Dr. Jugalkishore, the topmost Homoeopath, writes in the introduction of the book : "Prof. Satyavrata Siddhantalankar is a man of vast learning in every sense of the word, having written exhaustively more than 25 books on various subjects, and his interest in Homoeopathy and the development of its literature in intense...I earnestly hope that the profession and the students will welcome this undoubtedly useful book.. The language of the author is immaculate and one feels delighted as one reads the book written in easy, flowing style. Latest Edition, Price Rs. 75.

3. Fundamentals of Homoeopathic Treatment (In Hindi). **'होम्योपैथी के मूल-सिद्धान्त'**: This book explains every aspect of Homoeopathy. The Chapters are : Disease and the Patient; Homoeopathic Drug; Like Cures Like; Proving of Drugs; Allopathy, Homoeopathy, Symp-

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FIRST-AID SPECIFICS OF HOMOEOPATHIC AND BIOCHEMIC TREATMENT

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First-Aid Specifics of Homoeopathic and Biochemic Treatment

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By

Dr. Satyavrata Siddhantalankar

(Ex) M.P. & VICE-CHANCELLOR

[Author of होम्योपैथी के मूल-सिद्धान्त, होम्योपैथिक औषधियों का सजीव-चित्रण एवं रोग तथा उनकी होम्योपैथिक चिकित्सा]

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1. **Homoeopathic Materia Medica** (In Hindi). **'होम्योपैथिक औषधियों का सजीव-चित्रण'** : Size 23x36/16; Pages 800. This book won the Kukereta Trust Award of Rs. 1,000 having been declared as the best book in Hindi on Homoeopathic Materia Medica. It was released by the Vice President G. S. Pathak. Dr. Dewan Harishchandra, a world renowned Homoeopath declared that it promised to be THE BOOK OF THE FUTURE. Dr. Yudhveer Singh, the founder of the Homoeopathic College at Delhi wrote that such an exhaustive and portraying life-like descriptions of Homoeopathic Medicines is nowhere available except in this book of Dr. Satyavrata. It may be rightly called a Homoeopathic Durg Pictures. Latest edition, Price Rs. 60.

डॉ० सत्यव्रत जी की **'होम्योपैथिक औषधियों का सजीव-चित्रण'** इस पुस्तक का विमोचन उपराष्ट्रपति श्री जी० एस० पाठक ने किया था। इस पुस्तक को अपने विषय की सर्वोत्तम पुस्तक घोषित करके जयपुर के कुकेरेता ट्रस्ट ने इस पर १००० रुपये पारितोषिक घोषित किया था। देश-विदेश में प्रसिद्ध होम्योपैथ डॉ० दीवान हरिश्चन्द्र ने लिखा है कि इस पुस्तक का भविष्य अत्यन्त उज्ज्वल है, भविष्य में इसका स्थान निश्चित है। डॉ० युद्धवीरसिंह जी का कथन है कि "औषधियों का ऐसा सजीव-चित्रण हिन्दी में अब तक नहीं लिखा गया।" पुस्तक के अनेक संस्करण हो चुके हैं, नवीन संस्करण का दाम ६० रुपया है। पुस्तक का बड़ा साइज है, ८०० पृष्ठ हैं, सचित्र है।

2. **Diseases and their Homoeopathic Treatment** (In Hindi). **'रोग तथा उनकी होम्योपैथिक चिकित्सा'** : Size 23x36/16; Pages 800. This book was released by Shri V.V. Giri when he was the President of India before a distinguished gathering of Homoeopaths. Dr. Jugalkishore, the topmost Homoeopath, writes in the introductin of the book : "Prof. Satyavarata Siddhantalankar is a man of vast learning in every sense of the word, having

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written exhausively more than 25 books on various subjects, and his interest in Homoeopathy and the development of its literature in intense...I earnestly hope that the profession as well as the students will welcome this undoubtedly useful book ...I congratulate Prof. Satyavrata for making such a useful contribution to Hindi literature on Homoeopathy...The language of the author is immaculate and one feels delighted as one reads the book written in easy, flowing style. Latest Edition, Price Rs. 75.

डॉ० जुगलकिशोर ने जिनका स्थान होम्योपैथिक-जगत् में सबसे ऊंचा है, डॉ० सत्यव्रत जी की '**रोग तथा उनकी होम्योपैथिक चिकित्सा**'—इस पुस्तक के विषय में लिखा है : "प्रो० सत्यव्रत सिद्धान्तालंकार प्रत्येक दृष्टि से अगाध-विद्वता के धनी हैं। उन्होंने भिन्न-भिन्न विषयों पर २५ से अधिक विशाल-काव्य ग्रन्थ लिखे हैं। उनकी होम्योपैथी में गहरी रुचि है, और उन्होंने हिन्दी में होम्यो-पैथी के साहित्य के निर्माण में अपूर्व योग-दान दिया है। मैं पूर्ण आशा करता हूं कि उनके इस ग्रन्थ से विद्यार्थी ही नहीं इस शास्त्र के ज्ञाता भी लाभ उठायेंगे। मैं प्रो० सत्यव्रत जी को होम्योपैथी को ऐसा उत्तम ग्रन्थ प्रदान करने के लिये बधाई देता हूं।" इस पुस्तक का विमोचन राष्ट्रपति श्री वी० वी० गिरी ने किया था। इस पुस्तक के भी अनेक संस्करण हो चुके हैं। नवीन-संस्करण का दाम ७५ रुपया है। पुस्तक का बड़ा साइज है, ८०० पृष्ठ हैं, कपड़े की जिल्द है। इसमें ४७५ रोगों का वर्णन है।

3. **Fundamentals of Homeopathic Treatment** (In Hindi). '**होम्योपैथी के मूल-सिद्धान्त**' : This book explains every aspect of Homoeopathy. The Chapters are : Disease and the Patient; Homoeopathic Drug; Like Cures Like; Proving of Drugs; Allopathy versus Homoeopathy; Symptoms of Diseases; Gradation of Symptoms; Peculiar Symptoms; The Patient Chilly or Hot; Valuation of Symptoms; Individualisation of Symptoms; Drug and Disease; Minuteness in Symptoms; Repertorisatiou; How to Study Kent's Repertory; Potency of Drugs; Repetition of Drug; Alteration of Remedies; Psora-Syphilis-Sycosis; Susceptibility to Disease; Homoeopathic Aggravation; Axioms for Aggravation and Amelioration; Some Practical Examples of Cure; Prophylactics in Homoeopathy, Price Rs. 25.

डॉ० सत्यव्रत जी ने जहां होम्योपैथी की अन्य पुस्तकें लिखी हैं वहां 'होम्यो-पैथी के मूल-सिद्धान्त'—यह उनकी एक अमूल्य पुस्तक है जिसमें होम्योपैथी की

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सारी फिलासफ़ी दी गई है। लक्षण क्या है; रोगी के लक्षणों का मूल्यांकन कैसे करना चाहिये; सोरा, सिफिलिस, साइकोसिस का क्या अभिप्राय है; केंट की रिपर्टरी को कैसे समझा जाए—इत्यादि बीसियों प्रश्न हैं जिनका खुलासा इस पुस्तक में विस्तारपूर्वक दिया गया है। अगर होम्योपैथिक औषधियों का ज्ञान हो गया, किन्तु इस विज्ञान की फिलासफी हाथ न आयी, तो व्यक्ति योग्य चिकित्सक नहीं बन सकता। यह पुस्तक होम्योपैथी को समझने के लिये अत्यावश्यक है सजिल्द तथा सचित्र पुस्तक का दाम २५ रुपया है।

4. **From Old Age to Youth** (In Hindi). **'बुढ़ापे से जवानी की ओर'** : Dr. Satyavrata is runnuing 84 years of his life. He is enjoying excellent health. He is youthful and energetic. All this is due to Homoeopathy and the exercises invented by him to keep young. This book mentions in detail the Homoeopathic medicines and the exercises useful for long and healthy life. Primarily the book is meant for the young who want to ward off the trials of old age. Only a few copies are in stock. Present Price is Rs. 25.

प्रो० सत्यव्रत जी इस समय ८४ वर्ष के हैं, परन्तु उनमें युवकों की-सी शक्ति तथा उत्साह है। इस सब का श्रेय होम्योपैथी तथा उनके अविष्कृत व्यायामों एवं भोजन-व्यवस्था को है। इस सचित्र पुस्तक में उन्होंने बुढ़ापे के कारणों का विशद विवेचन तथा उनके निवारण पर प्रकाश डाला है। यह पुस्तक युवकों के लिये लिखी गई है जिन्होंने अभी बुढ़ापा नहीं देखा, परन्तु जो बुढ़ापे के आने से पहले उसका प्रतीकार करना चाहते हैं, बुढ़ापे का—अर्थात् बुढ़ापे के कष्टों का। बालकों, युवाओं तथा वृद्धों—सबके लिये उपयोगी है। अभी तक दाम २५ रुपया है किन्तु थोड़ी ही प्रतियां बची हैं।

5. **Dr. Satyavrata's Chart of Comparison of Biochemic Drugs at a Glance** (In English) : It is one big sheet giving all the details of the Biochemic Drugs. Price Rs. 5.

6. **First-Aid Specifics of Homoeopathic and Biochemic treatment** (In English): This latest book on Homoeopathic and Biochemic Treatment gives Specific remedies of Homoeopathic and Biochemic Treatment with their potencies which will serve the purpose of the beginners, and will be useful in time of mergency. It mentions 299 diseases with their treatment of exprienced physicians. Everywhere the authority is quoted. Price Rs. 50.

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डॉ० सत्यव्रत सिद्धान्तलंकार के वैदिक साहित्य संबंधी ग्रन्थ

7. धारावाही हिन्दी में सचित्र एकादशोपनिषद् (मूल-सहित) : भूमिका लेखक भूतपूर्व राष्ट्रपति डॉ० राधाकृष्णन। आचार्य रजनीश ने अपने भाषणों में कहा है कि इस ग्रन्थ को पढ़कर मैं आश्चर्य-चकित रह गया कि लेखक का उपनिषदों के विषयों में कितना गहरा ज्ञान है। इसमें पदच्छेद, शब्दार्थ, भावार्थ, व्याख्या सब कुछ दिया गया। ग्यारहों मुख्य उपनिषदों की यह व्याख्या १०३६ पृष्ठों में है। सुन्दर छपाई, उत्तम कागज़, कपड़े की जिल्द, ३२ चित्र, दाम ६० रुपया।

8. उपनिषद्-प्रकाश : सार्वदेशिक सभा के वरिष्ठ उपमंत्री श्री सच्चिदानन्द शास्त्री लिखते हैं कि हमने उपनिषदों पर अनेक ग्रन्थ पढ़े हैं परन्तु कोई ग्रन्थ इस ग्रन्थ की कोटि का नहीं है। प्रो० सत्यव्रत जी का **'एकादशोपनिषद्-भाष्य'** तथा यह **'उपनिषद्-प्रकाश'**—दोनों एक-दूसरे के पूरक ग्रन्थ हैं। पांच सौ पृष्ठों के अत्यन्त आकर्षक आवरण तथा छपाई के इस ग्रन्थ का दाम ६५ रुपया है।

9. गीता-भाष्य : श्री लालबहादुर शास्त्री जब प्रधान मंत्री थे तब उन्होंने इस ग्रन्थ पर लिखा था—"मैंने प्रो० सत्यव्रत सिद्धान्तालंकार का किया हुआ गीता का अनुवाद तथा भाष्य पढ़ा। वह विवेकपूर्ण है, उसकी भाषा प्रांजल और सुन्दर है। इसकी रचना उन्होंने इस प्रकार की है ताकि इससे पंडित-वर्ग तथा सर्व-साधारण-जनता दोनों लाभ उठा सकें।"

श्री जयप्रकाश नारायण ने अपनी जेल-डायरी में लिखा है—"कल मैंने सत्यव्रत जी की गीता की टीका समाप्त की। मैंने यह टीका पसन्द की है, जो बहुत सरल तथा युक्तियुक्त है।" ५५० पृष्ठ, दाम ४० रुपया।

10. संस्कार-चन्द्रिका (सोलहों संस्कारों की वैज्ञानिक व्याख्या) : ५६० पृष्ठों के इस विशाल-ग्रन्थ में हिन्दू परिवारों में प्रतिदिन किये जाने वाले सभी सोलहों संस्कारों का इसमें विशद वर्णन तथा उनकी वैज्ञानिक व्याख्या है। प्रत्येक घर में इस ग्रन्थ का होना आवश्यक है क्योंकि कभी-न-कभी, कोई-न-कोई संस्कार प्रत्येक हिन्दू को करवाना पड़ता है। दाम ४५ रुपया।

प्राप्ति-स्थान

विजयकृष्ण लखनपाल, ४/२४ आसफ अली रोड, नई दिल्ली,
टेलीफोन नं० २७७८११, २७६५४३.

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1. Introdution

JUSTIFICATION OF THE BOOK

Some homoeopaths will question the advisability of writing a book on Specifics in Homoeopathy. Homoeopathy does not believe in specifics. It believes in symptomatic treatment, and as any remedy may be administered in any disease, provided the symptoms of the disease and the proved symptoms of the remedy correspond, hence there could be no specific remedy for any disease. Dr. Kent has said that whichever remedy covers the symptoms of the patient at the bedside, that alone is the specific at that time of that patient only. That is the philosophy of conservative homoeopaths who strictly follow the teachings of Dr. Hahnemann and of Kent.

Hence, the method of homoeopathic treatment as taught by the masters and advocated by teachers of homoeopathy is to centralise, organise, systematise and repertorise the symptoms and to evaluate them to find out the correct remedy. This is called going by 'Totality of symptoms'. A technique has been evolved to find out the correct remedy through grouping together the total symptoms by Boenninghausen, a contemporary of Hahnemann. He said that the symptoms should be classified in four categories : Locality, Sensations, Conditions of Aggravation and Amelioration and Concomitant symptoms, for arriving at 'Totality of symptoms'.

This technique has been further developed by giving (1) Priority to Mental Symptoms, after that (2) General Symptoms, (3) Particulars, (4) Modalities, (5) Conditions, (6) Concomitants, (7) Periodicity of Symptoms as to hour, day, week, month, season, etc. The overall credit in prescribing goes to (8) Characteristics, *i.e.*, the rare, strange, unique, peculiar, unusual, unexpected symptoms.

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The method of selection of homoeopathic remedy is so much complicated that efforts have been made to simplify it as the details one is expected to go through is so much time consuming that hardly any physician goes through it. In this connection, the idea of 'Three-Legged-Stool' of Dr. Hering is very interesting. He said that instead of going through all this legerdemain of symptoms, one should rely for one's prescription, in general practice, on *General Symptoms* (which means mental symptoms, whether the patient is irritable, calm, jealous, of angry temperament, etc.), *Particulars* (the location of disease) and *Modality* (whether he is hot or chilly, etc.). All this means that efforts have been made to simplify homoeopathy and bring it out, out of the intricate and the complex system that it is in, and to make it not only a preserve of the learned few but a popular mode of treatment which can be availed of by the people at home by initiation into the First-Aid remedies.

Herein lies the justification of writing a book on Homoeopathic Specifics. The late Dr. Sankaran of Bombay had been a very able prescriber and a very successful one. In an article in '*Indian Journal of Homoeopathic Medicine*' (Oct-Dec. 1976) entitled : '*The Characteristic-Symptom-Totality in Practice*', he wrote :

"Any symptom that is to be expected, that can be explained, that conforms to the pattern of disease in question, or that is found in a large number of patients suffering from that disease, is not considered as characteristic symptom. All symptoms which are unusual and unexpected and do not fit in or conform to the disease the patient is suffering from are considered as characteristic symptoms. For the selection of the remedy, only the characteristic symptoms are considered as far as possible. The Totality of these Characteristic Symptoms is considered as the Characteristic-Symptom-Totality...but we find that this concept of Characteristic-Symptom-Totality is not as simple and as solid as it looks.

"Even though in theory and principle the totality of characteristic symptoms is to be considered, we do find that it is possible to have different valuations for different symptoms without this totality. For instance, I have closely followed the prescriptions of my teacher, Dr. S.R. Pathak. I have

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often found him ignoring symptoms like desires and aversions, thirst, reaction to heat and cold, left-sidedness, right-sidedness etc. and still his prescriptions are very successful.

"Therefore, this leads us to wonder what exactly is meant by the Totality of the Characteristic Symptoms".

Dr. Sankaran is pleading in these paragraphs the utility of clinical observation of certain remedies on certain diseases which one uses or may use in a routine manner without going into the lengthy process of finding out the 'Totality of Symptoms'. Indirectly his search is for the specifics.

Dr. S.R. Wadia, M.F. Hon. (Landon) of Bombay, who is also a well-known and successful Homoeopath writes in '*Torch of Homoeopathy*' (April 1975) under heading '*Different Ways of Simplifying Homoeopathic Prescribing*', as under :

"One may say there are no specifics in Homoeopathy and our science is based on individualisation. I agree, but there are near specifics, remedies which I have found very useful."

As an example, the following paragraph from his article throws ample light on the subject :

"I recommend to use our king of injury-remedy *Arnica*, first preferably in 30th or 200 potency, repeatedly every few minutes. This remedy will not only prevent future complications but will prevent shock as a result of injury. Next comes *Rhus Tox* for sprains, missing a step, etc. Both these remedies will help reduction of synovial fluid in the joints also. *Hypericum* is specific for nerve injuries, especially to finger tips, toes. Never forget to give it in injuries to coccyx when a patient has suddenly fallen on his bottom and has injured the bone. *Ledum* is for punctured wounds (with needles or nails or with powerful pointed instruments), *Symphytum* and *Ruta* are both useful when bone and periosteum are damaged. When you are not sure of what part of the body or tissues are damaged and still the patient complaints of pain after these remedies are given, *Bellis Perennis* will be found very helpful. Though *Natrum Sulph* is not an acute remedy, I have found it more or less like a specific remedy in remote injuries to the head."

The above paragraph is nothing but an attempt to find out some specifics in the complicated lyberinth of homoeo-

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pathy. And this alone is the justification of our book which fulfils a demand by the layman, and also by a fresh physician, and one who is short of time in the face of a huge crowd of patients who deluge his clinic and for whom he has to prescribe in the limited time at his disposal. There is another class of physicians who deal only with chronic cases, who have enough time and who repertorise and do not prescribe without going into the totality of symptoms, who have the acumen of individualising the case, who are conservatives and not routinists. For them, this book is not written.

COMBINATION OF HOMOEOPATHIC REMEDIES

(Pharmacopoeia Committee Report)

Since long there has been a School of Homoeopaths, who finding it difficult to arrive at a single remedy which may cover all the symptoms of a patient, advocate a combination of Homoeopathic drugs selecting more than one drug for a disease and combine them in one dose. Seeing that the combination of drugs works, and further seeing that many physicians wanted to prescribe such a combination, a resolution was passed by the Homoeopathic Pharmacopoeia Committee of the United States of America in 1948 accepting such a combination to be given a legal status, which is contained in the form of a report in the sixth edition of the Homoeopathic Pharmacopoeia of the United States of America. Ws quote as under :

"The following report in the form of a resolution was presented at the business meeting of the Institute held on June 17, 1948 :

Whereas, combinations of homoeopathic remedies, or medicines, are in general use among homoeopathic physicians of the United States and,

Whereas, such combinations of homoeopathic remedies are an essential part of their armamentarium and,

Whereas, homoeopathic physicians depend upon homoeopathic pharmacists for manufacture and preperation of such homoeopathic medicines and combination of sueh homoeopathic medicines and,

Whereas, the pharmacopoeial committee of the American Institute of Homoeopathy recognises the necessity for the

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manufacture, preparation and distribution of combinations of homoeopathic medicines to meet the needs of these Homoeopathic Physicians using combination remedies.

Be it therefore resolved : that combinations of homoeopathic medicines, or remedies, are within the scope and tenets of homoeopathy and,

Be it further resolved : that this resolution, upon adoption, becomes part of the official compendium and Sixth Edition of the Homoeopathic Pharmacopoeia of the United States, and issued as a supplement thereto, and that due and legal notice be given of this action by the American Institute of Homoeopathy, and be it further resolved that two thousand copies of this supplement be printed.

Ray W. Spalding, *Chairman*

On motion by Dr. Spalding, seconded by Dr. Moore, the resolution was accepted and the report of the Pharmacopoeia Committee was approved.

Ray W. Spalding, M.D.
Chairman, **Pharmacopoeia Comittees.**

POTENCY

As regards potency of the remedy, we have given it against every remedy dealt with in the book but we should also remember that except where mother tinctures are prescribed, Hahnemann mostly cured his cases with 30th potency. If the medicine is correct it will work in 30th. But still experience has taught certain observations which govern the administration of the potency. What are these observations ? Three things have to be kept in view while deciding the potency :

(*i*) Nature of the patient
(*ii*) Nature of the disease
(*iii*) Nature of the medicine

(I) Nature of the Patient

The patient may be oversensitive ; sluggish ; feeble ; acutely sick; robust; acute; chronic; old; child; man; woman.

(*a*) *Oversensitive* : Avoid the use of very high potencies, like C.M. and other very high potencies. They will make the

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patient sick. Use 30th or 200. In case where the remedies are well indicated such potencies will work quite quickly. (Kent).

(*b*) *Sluggish* : They require high potencies to get any reaction, or low potencies repeated every few hours until favourable reaction sets in.

(*c*) *Feeble patients* : In patients whose vital force is at a low ebb high potency should be avoided. 30th will do. If given high its repetition may be dangerous.

(*d*) *Acutely sick* : In their case high potency should be followed by low potency.

(*e*) *Chronic* : High potency repeated at long intervals.

(*f*) *Robust people* : High potency with repetition.

(*g*) *Old people* : They require medium potencies—30, 200—except for euthanasia (gentle and easy death) where *Carbo veq* or *Arsenic* IM, IOM, C.M. can be given for peaceful death when the person is in agony of death and is sure to die.

(*h*) *Children* : They can tolerate high potencies well.

(*i*) *Women* : Clarke says that 30th potency has special affinity for the fair sex.

(II) Potency with Regard to the Nature of the Disease :

The diseases may be acute or chronic. They may be of different varieties—Mental, Gross, Material, Fevers, Incurable. We shall deal with each of them as under :

(*a*) *Acute Diseases* : Generally speaking, acute diseases respond well to high potencies, especially of acute remedies, but certain acute cases are treated with low and medium potencies—6,30,200—because high potency may aggravate more than the vital force can cope with. Better use low potencies and medium ones in acute cases. *In acute cases high potency should be followed by low potency.*

(*b*) *Acute phase of chronic diseases* : High potency is very useful in acute phase of a chronic disease.

(*c*) *Chronic Diseases* : In chronic cases high potencies are used. Better begin with 200. Kent says that the object behind using 200 potency is that you have the freedom to use

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potencies on ascending scale as the treatment progresses. If 200 works and there is a stoppage you can go to 1M, 1OM.

(*d*) *Serious chronic cases* : In serious chronic cases utmost care should be taken in the use of high potency of deep-acting remedies like *Kali Carb* in gout, *Lachesis* in many conditions where it is indicated, *Phosphorus*, *Psorinum* and *Arsenic* in Asthma, *Silicea*, *Sulphur* and *Tuberculinum* in T.B. In these cases, 30th potency may be useful.

Regarding *Phosphorus*, Dr. Kent says : "*Phosphorus* is a useful remedy when Tuberculosis is about to make its appearance, in persons who are narrow-chested, slender and of feeble vitality—*Phosphorus* is a dangerous medicine to give very high in some cases of Pthisis, in the last stages of Pthisis. In this case they should have received *Phosphorus* when they were yet curable. In these cases *Phosphorus* 30th may sometimes be used with safety.....it is better not to go higher than 30th or 200th."

As regards *Silicea*, Dr. Kent says : "If there is a deposit of tubercle in the lungs, *Silicea* establishes an inflammation and throws it out, and if the whole lung be tubercular a general superative pneumonia will be the result; hence, the danger of giving such remedies and the danger of repeating them in advanced stage of Pthisis". So high potency of *Silicea* and its repetition in T.B. is dangerous.

High potencies of some remedies may flare up the disease in healed lesions, for example, a tubercular cavity healed may become open if *Hepar Sulph*, *Silicea* or *Sulphur* is given in high potency.

(*e*) *Mental Diseases* : Diseases of psychic origin require high potency like 1M, 10M, C.M. For instance, in case of *Kali Phos*, the best thing is to use 1M or 10M potency because *Kali Phos* is useful in nervous diseases, thus advises Dr. Kent.

(*f*) *Gross Material Conditions* : When there are marked organic pathological changes of the disease it is advisable to use lower and medium potencies like 6x, 12, 30, 200. Still, clinical observations show that in obesity C.M., in oedema 1M, in Otorrhea 200, in Paralysis 1M, in Piles 200, in Pleurisy 12, in Pneumonia use 30. In Bone T.B. *Anthracimum* 200 is better.

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(*g*) *Fevers* : In fevers low potency should be given as a physician may require to repeat the dose of the medicine every now and then in accordance with the intensity of the disease.

(*h*) *Incurable and Doubtful cases* : Give no higher than 30th or 200th. With these palliation will be possible, not cure.

(III) Potency with Regard to the Nature of the Medicine :

Accoording to the expert homoeopaths certain medicines develop their curative power not below a certain potency. For instance, according to Dr. Nash the curative powers of *Lycopodium* are not developed below the 12th potency, hence we have to use it in 30th, 200th or higher. We are giving hereunder the potencies of certain remedies regarding which experienced prescribers have recorded their opinions as to their curative power. The credit of culling out this information from various sources goes to Dr. Yad Ram Aggarwal, B/11/7, Krishan Nagar, Delhi-51 from whose article entitled '*A Practical Solution to Potency Problem*' published in the '*Torch of Homoeopathy*' (April, 1973) we are taking the following few extracts :

(*a*) *Aconite* : According to Dr. Baehr it acts better in high potencies in Neuralgia. It is almost specific for facial Neuralgia. 6th Potency for sensory affection; 1 or 3 potency for congestive conditions.

(*b*) *Aethusa* : The 6th dilution has been mainly used.

(*c*) *Aloes* : Drs. Dunham and Wells obtained success with 200th.

(*d*) *Alumen* : Boericke says : Its very high potency is efficacious.

(*e*) *Anacardium* : 30 repeated several weeks for internal piles.

(*f*) *Antim tart* : 3 and 6 hardens and 2x loosens cough, says Bayes.

(*g*) *Apis* : Allen says that in dropsical conditions low works.

(*h*) *Arnica* : High potency is most satisfactory in bruises.

(*i*) *Arsenic* : 6 in gastric, intestinal and kidney diseases, higher in neuralgias, nerves and skin diseases. It gives quiet

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and ease to the last moments of life when given in high potencies.

(*j*) *Arsenic iodide* : Boericke says that it has been found advisable in Tuberculosis to begin with about the 4x and gradually go lower to 2x, in grains, three times a day.

(*k*) *Bacillinum* : High potency in the treatment of tonsils and ring-worms. *Bacillinum* is a Nosode and it should be remembered that Nosode should always be used in high potencies—says Burnett.

(*l*) *Baryta Carb* : 200 in quinsy.

(*m*) *Belladonna* : High potency should be given in mental diseases.

(*n*) *Carbo veg* : Allen says : Give 3x in stomach disorders, 30th or 200 in collapse.

(*o*) *Chamomilla* : In teething trouble of children, give 12th potency.

(*p*) *China* : 6x for liver complaints; 200 for splenic affections; 2x or 3x in loose evacuations of bowels.

(*q*) *Cina* : Nash found 200 or higher more efficacious for worms.

(*r*) *Graphites* : For gastric complaints 12th; for skin diseases higher.

(*s*) *Lycopodium* : Kent says that for impotency 1M or higher should be given.

We have given a few examples to emphasize the fact that for different complaints, different potencies of the same drug have been found efficacious. One should study every medicine in relation to every disease it covers and the potency in which it specifically works in that disease, though as a rule, 30th potency is sufficiently low and sufficiently high, being mid-way potency.

REPETITION OF POTENCY

As regards repetition of higher potencies—200, 1M, 10M etc.—there are two opinions. The prevalent and orthodox view is that in acute cases any potency can be repeated, even high potency can be repeated; as regards chronic cases, low

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potency can be and should be repeated, but high potency, when given, should not be repeated. This is one view. The other view is that just as high potency can be repeated in acute diseases, similarly, high potency can also be repeated in chronic diseases. As regards repetition, they say, why to make a distinction between acute and chronic.

This latter view is represented by the late Dr. Maganbhai Desai who continuously repeated high potency even in chronic cases. Dr. Sarabhi Kapadia, B.Sc., D.M.S. took inspiration from him. Dr. Kapdia writes in '*Indian Journal of Homoeopathic Medicines*' (Jan-March 1973) that several of his relatives were under the treatment of Dr. Maganbhai and he saw that the doctor was making use of higher potencies, e.g., 200, 1M and even C.M. in repeated doses in chronic cases. Dr. Kapadia writes : "My own uncle was 39 years old. He was suffering from some acute ailment; he came to a state of collapse. I do not recollect the other details of the illness but I remember this particular point that he had developed a sub-normal temperature and slow pulse. Dr. Maganbhai prescribed one dose of *Carbo veg* on the telephone. But when he came to examine my uncle, he found that the indications were rather for *Digitalis* and so he started giving *Digitalis* initially in 200, and then in 1M potency. 1M was repeated every 15 minutes. He would say, give him another dose."

Dr. Kapadia continues : "I have not to plead much, because it is already agreed at different levels that in acute conditions there is no objection in repeating. Firstly, it is very difficult to differentiate acute conditions from chronic conditions in many situations. For example, take the case of pneumonia in a diabetic patient or take acute examination of rheumatic condition. The main treatment which we always look for is for the chronic state, the internal constitution and background and all that—you have to take into account and care for this, unless it is just a momentary condition from which the person is suffering. Apart from such situations there is no circumstance in the health of a person which can be separated from his constitution or his chronic state."

As far as his practice goes, Dr. Kapadia says : "A case of tonsillitis came to me with tendency to attacks of recurrent cold,

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inflammation of tonsils—a case which worked out to *Bacillinum*. What do I do ?...I continue *Bacillinum* 1M twice a day over a period of a month or two and then I would expect that the person is immunised and will overcome his tendency to cold. Of course, I have to be sure that the medicine is *Bacillinum*...Normally I am applying this method for the last 20 years and I have not met with a single case where there was any untoward action. Now, a question arises : Is it possible that an indicated remedy may cause proving ? No. Not possible unless we go on giving it for a long time. However, all our masters have affirmed that proving will make you stronger in health."

QUANTITY OF THE DOSE

Now, another question arises : What should be the quantity of the dose ? Should it be one drop, if liquid, or one, two, three or four pills, if in pill form. This leads us to find out the effectiveness of the quantity of the dose. Generally, physicians prescribe one or two drops or 4-6 pills of the medicine. But that is a false conception. In Homoeopathy, and for that matter even in Biochemistry, it is not the quantity that matters, it is the quality or the force inherent in the medicine. Dr. Hahnemann had advised that all that is required to administer the remedy is that the patient should inhale from a phial containing ONE PILL only. This is because Homoeopathic medicines are dynamic, not chemical. Dr. Dunham has said that upto the potency 6 it is chemical, after that no trace of medicine is perceptible even by the strongest microscope. It should be remembered that the commonest potency used by Homoeopaths is 30 potency, which means 1 upon 60 zeros of one drop of tincture. That much drop of a tincture of any particular medicine is enough. From this it can be very well imagined what quantity of medicine would be contained in 200th or 1000th potency. It is clear that beyond 6th potency no chemical is left, only the force contained in the original medicine is left which is conveyed through alcohol or water or sugar of milk which are the media of the medicines. It is apparent, therefore, that the quantity of the dose does not matter—it may be one pill, 2 pills, 4 pills, or no pills, simply inhalation. Similarly, regarding drop it may be one quarter of a drop, half

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a drop, one drop in water. The quantity is advised only to the psychological satisfaction of the patient, and nothing else. Once a physician wrote to Mrs. Kent to send certain medicine which was not available here. She wrote back, asking whether the physician had the empty phial which originally contained the medicine. The physician replied that he had the phial. Mrs. Kent replied : put some alcohol into it and it will be as good as the original medicine. This explains as to what quantity should form a dose.

HOMOEOPATHY & ALLOPATHIC DRUGGING

It is observed that generally patients come to Homoeopaths after they have been heavily drugged by Allopaths or inoculated and vaccinated. As regards drugs most of the patients have been treated by Chloromycetin, Aureomycin, Terramycin, Anacin etc. Though the primary complaint is gone by these drastic drugs, they create some other disease which is the product of the suppression of the primary one. To counteract the suppressive reaction of these drugs, the Homoeopaths resort to some homoeopathic remedies which correct the imbalance created by the allopathic drugs in the system resulting either in neutralising the action of these drugs or in establishing an eliminating process through some organ of the body, such as, pus from the ear or some other discharge from some other organ. These remenies are :

(*i*) *Nux Vomica* 30 or 200 : "It is frequently the first remedy, indicated after much dosing, establishing a sort of equillibrium of forces and counteracting chronic effects". (*Boerickc & Tafel's Materia Media*).

(*ii*) *Thuja* 200 or 1M : Dr. Burnett was not an anti-vaccinator and said that vaccination does prevent us, to a large extent, from small-pox, but during his practice he noticed not a few persons who dated their ill-health from a so-called unsuccessful vaccination. Hc concludes that "taking in" is the constitutional reaction whereby the organism frees itself more or less from the inserted virus. Whereas if the person does not take and the virus has been absorbed, "the taking" becomes a chronic process—paresis, neuralgia, cephalalgia, pimples, acnes, etc. Sometime some very severe cases are noticed after unsuccessful vaccination. For instance, Asthma, Eczema,

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Eruptions, Acne, Migraine, Hysteria—may be due to the absorption of the virus of the unsuccessful vaccination, These cases were called vaccinosis by Dr. Burnett. Their remedy is *Thuja* 30, 200 or 1M (*Dr. M. L. Tyler in 'Homoeopathic Drug Pictures'*).

(*iii*) *Chloromycetin, Aureomycin, Tyrramycin or Anacin 200*: Some patients are drugged with the above allopathic medicines and suffer from their reactions. Dr. Mohan Singh, a veteran homoeopath of Patiala says : "In these cases, Tautopathy helps me. If people have been taking these medicines, I give them the same remedy in a potentised form which is a homoeopathic remedy, 200th potency mostly helps. This is called Tautopathy". (*Indian Journal of Homoeopathic Medicine, Jan-March, 1973*).

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THE SCHEME OF THIS BOOK

We have given specifics both of Homoeopathic and Biochemic treatment. As regards Homoeopathic treatment we have divided the subject-matter under the different localities of the body and heads, such as : Mind; Brain; Nervous System; Eyes; Vision; Ears; Hearing; Nose; Throat; Phyrynx; Larynx; Face; Mouth; Tongue; Chest; Lungs; Cough; Heart; Abdomen; Stomach; Liver; Spleen; Kidney; Bladder; Urine; Rectum: Stool; Children's Diseases; Men's Diseases; Women's Diseases; Bones; Muscles; Glands; Skin; Nails; Fevers; Rheumatism and Miscellaneous.

Under each head we have dealt with different diseases pertaining to that head in alphabetical order. Each disease under that head has been given a serial number. At the end of the book we have given an Alphabetical Index containing the pointing number of the disease. So, if one has to find out the remedy of that disease one can either open out the page dealing with that section—Brain; Eyes; Ears etc.—or one has to consult the Index where the pointing number of that disease is given, and from that number one can trace out the disease in the body of the book. Suppose one wants to find out the specific remedy for Labour-pains. He can either find it out under the heading : '*Diseases of Women*' (Serial No. 20 in the contents) and see where alphabetically Labour-pain is given or consult

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the Index in its serial alphabetical order 'L', where he will find the number 194. From this number 194 he can trace the disease in the book and find out its specific.

In Miscellaneous Section we have dealt with those diseases which could not be covered under other Heads. For instance, Chronic ailments of Sedentary Persons, Anemia, Burns, Cancer, Collapse, Death, Hemorrhages of various Organs, Hernia, Obesity, Old age, Operation, Strain, Tonics etc. The reader is advised to consult the '*Contents*', the '*Index*' and the Section of '*Miscellaneous Diseases*' to find out the remedy of the disease one is searching for.

As regards Biochemic treatment one has to open the Section given in the end where Biochemic formulae for important diseases are given in an alphabetical order of the diseases. One can use these formulae or make one's own as suggested by us.

To make the book more useful for those who are interested to increase their knowledge for further study of Homoeopathic remedies we have left one page blank from where the description of diseases starts to enable the reader to make use of it for writing notes or new information that he may gather from other sources.

As regards numbering of the pages, the blank page has been numbered on the prevcous printed page. For this book, the page-number is not important. Important is the number of the disease.

Though ours is an unusual attempt in the field of Homoeopathic and Biochemic treatment, yet it is hoped that it fulfils a need and will be appreciated by the general public and laymen for whom this attempt has been made at simplification of Homoeopathic prescribing. It will also help in case of emergency when delay is dangerous and quick prescription is the need of the moment. Whatever we have written is on the basis of experienced and successful prescribers, quoting their authority.

At the end we have given a list of important medicines with their potencies which one may keep in one's house for emergy purposes.

—**Satyavrata Siddhantalankar.**
(Registered No. HD/778/BHS, Delhi.)

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First-Aid Specifics Of Homoeopathic and Biochemic Treatment

2. MIND, BRAIN AND NERVOUS SYSTEM

1. **Absent-Mindedness** (भुलक्कड़पन या अन्य-मनस्कता या अमनस्कता) : On awakening does not know what to answer and where he is as if intoxicated. Give *Nux Moschata* first to sixth any potency. Can be repeated 2-3 times a day till results appear. Then stop.

2. **Alcoholism** (शराब पीने की आदत, शराबीपन) : Specific remedy for alcoholism is *Sulphuric Acid*. In order to overcome craving for alcoholic drinks make a mixture of *Sulphuric Acid* one part and three parts of alcohol. Give 10 to 15 drops three times a day for one month. After that *Sulphur* 30 one dose early in the morning for a fortnight. If not these, then *Avena Sativa* tincture 10 to 20 drops preferably in water hot for some days. It will help even in sleeplessness of alcoholics.

3. **Anger** (क्रोधी-स्वभाव, गुस्सैलपना) : *Nux Vomica* 30. Give in the evening one dose till it shows results.

4. **Apoplexy Threatened** (Paralysis from rupture of a brain vessel; मस्तिष्क की नस फट जाने से पक्षाघात; लकवा) : *Lithium Bromatum 30* or *Laurocerasus*, mother tincture. Dr. Jahr says : If no other remedy is indicated start treatment with *Ignatia* 200. It can be repeated.

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5. Brain-Fag of Businessmen or of Students (दिमाग़ी थकावट) : *Zincum Bromatum* 3x is without a rival. Dr. Clarke recommends *Aethusa* 30 for brain-fag of students or loss of memory; 'funk' before an examination. These were called his 'funk powders' by students. *Kali Phos* 3x, then 6x, then 12x also effective. (See Tonics, Nos. 19, 95, 295).

6. Chorea (Involuntary muscular twitchings; **मांस-पेशियों का फड़कना) :** Dr. Bartlett says: "As to the remedies of Chorea, there are none in which I have as much confidence as I have in *Agaricus*. This remedy I have been in the habit of using in second decimal trituration (2x), administering a one grain tablet of the same every two hours, or in extreme cases every hour".

—Dr. Gregory : "I would like to call attention of the profession to the use of *Gelsemium* in Chorea. I have been using this remedy during the past 6 years. I have treated 18 cases of Chorea with *Gelsemium* alone, and without a failure. I use a strong tincture made from the green or recently dried root, and I insist that the prescription must be good."

7. Convulsions (Spasms; **ऐंठन) :** *Cuprum Metallicum* (Copper) 6 or 30; or *Cicuta Virosa 200*.

8. Cramps (See Convulsions) **:** Dr. Burg is quoted by Dr. Guzdar saying that the application of copper ring on the limbs is a certain means of causing the cramps in Chorea patients to cease immediately. Homoeopathic *Cuprum* is a copper preparation. Generally people use copper bracelet for pains or cramps in limbs. Using copper vessel for drinking water seems to have started with the same object.

9. Delirium (बेहोशी में प्रलाप या सन्निपात) : Dr. Nash has named *Belladonna*, *Hyoscymus* and *Stramonium* as the trios of delirium remedies. These three head the list. *Belladonna* is violent, tears the clothes, bites, strikes, hawls, shrieks; *Hyoscymus* has delirium accompanied with stupor, is

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jealous, has imaginary wrongs; *Stramonium* talks too much. Give 30 potency of the remedy you select according to the symptoms. (See Insanity, No. 14).

10. **Delirium Tremens** (Delirium due to alcoholic poisoning; शराब अत्यधिक पीने का प्रलाप) : *Coffea Crude* 30 or 200 often produces tranquillizing effect and induces sleep.

11. **Encephalitis** (Inflammation of the brain; मस्तिष्क-शोथ) : *Glonoin* second trituration (2x), 6 to 8 drops in a cup of water. A teasponful of this water every two hours. In 24 or 48 hours the heat in the head and engorgement of the vessels will diminish.

12. **Epilepsy** (मृगी) : Boericke and Hale recommend *Oenanthe Crocata* 1 to 6th potency. Boericke also says that inhaling *Amyl Nitrosum*, 2 to 5 minims dropped on a handkerchief will give immediate relief in epileptic seizures.

13. **Fainting** (बेहोशी) : Farrington recommends *Linaria* 3.

13. (a) **Hysteria** (Abnormal sensations, emotions or paroxysms; हिस्टीरिया या गुल्मगत रोग, मूर्च्छागत वायु-रोग) : Obstinate hysteric affections are controlled by *Pothos* tincture or lower potency. Dr. Bayes says that in hysteria, particularly the globus hystericus, few medicines act more prominently than *Nux Moschata* 3x. *Ignatia* is one of the chief remedies for hysteria. Its symptoms are rapid changes of mental and physical conditions, opposite to each other. Great contradictions. Effect of grief and worry. Changeable mood. Sighing and sobbing. *Ignatia* is given in the morning. Hahnemann says that when given shortly before bed-time, it causes too much restlessness at night. Give 200th potency.

14. **Insanity** (Mania; पागलपन) : Dr. Nash lays stress on three remedies—*Belladonna*, *Hyoscymus*, *Stramonium* (See Delirium, No. 9).

15. **Insomnia** (Sleeplessness उन्निद्र रोग, नींद न आना) : *Passiflora* mother tincture 60 drops repeated several times. Dr.

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Trivikram of Bombay used to give *Avena Sativa* mother tincture and *Passiflora* mother tincture 10 drops of each every 2 hours and *Aconite* 30 and *Kali Phos* 200x together in one or two doses at bed time. Kent says that *Kali Phos* works better in highest potency. If Insomina due to excited brain—*Coffea* 200.

—Patient awakens at 3 A.M. and cannot return to sleep. Give *Bellis Perennis 3* or *Nux Vomica 30* or *Kali Carb 30.* Patient sleepy but cannot sleep—give *Belladonna 3x*; patient cannot sleep because he is not sleepy—give *Gelsemium 1x.* Dr E. Harris Ruddock says in his book: '*Homoeopathic Vade Mecum*' that in simple sleeplessess one or two drops of *Gelsemium* are invaluable.

—For insomnia of children who awaken in the middle of the night and play and also for the insomnia of the aged *Cypripedium,* tincture to 6th attenuation works better.

16. **Lassitude** (Desire to lie down all the time; **आलस्य प्रमाद**) : *Kali Silicatum 200.*

17. **Locomotor Ataxia** (Paralysis of locomotion; (**पैरों का पक्षाघात**) : James E. Lilianthal suggested the use of *Plumbum Phos* 30 which had favourable results. Dr. O'Connor recommends *Angustura Vera* 6. Boericke says : Rheumatic pains and paralytic complaints, great difficulty in walking, pain in knees, most horrible neuralgic shooting pains, lancinating pains like electric shocks extending through pelvis, perinium, fingers to feet in locomotor ataxia is relieved by *Thalium.* Use lower trituration to 30 potency. Dr. B. Bhattacharya says that in paralysis give IM potency.

18. **Meningitis** (Inflamation of the membranes of the brain and cord; **मस्तिष्क की झिल्ली की सूजन**) : Dr. O' Connor says that he had used *Iodoform* 3x trituration internally with such marked results that he was led to look upon it as almost a specific for any form of meningitis with massage of *Iodoform Cerate* into the scalp.

19. **Mental Weakness** (**दिमाग़ी कमजोरी**) : When students get tired after incessant study before examination, brain-fag, then *Picric Acid* 6 will remove this tired feeling. Some

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students get so much exhausted that they cannot think, there is inactivity to think or inability to fix attention. *Aethusa* 3 or 30 is the remedy in such a condition. The student is afraid of the examination. Dr. Clarke used to give *Aethusa* powders to such students. He used to call it a 'Funk remedy' (See No. 5).

20. **Neurasthenia** (Exhaustion of nerve-force; स्नायु-दौर्बल्य) : *Kali Phos* 6 x, 30 or 200 is an excellent remedy. Higher better. Guzdar says : 'In all varieties, I know of no single remedy to compare with *Gaertner* 200—a Nosode of Dr. Bach'. The patient is pessimistic, lack of confidence, subjective.

21. **Paralysis Agitans** (Paralysis with constant tremors of muscles; अंगों के कंपनवाला पक्षाघात, मांसपेशी-विक्षेप) : *Gelsemium* 30 or *Hyoscymus* 200 or *Tarentula* 30 may be tried.

—**Infantile** (Sudden paralysis of one or more individual muscles of lower extremities of children, tottering gate; बच्चों की टांगों का आकस्मिक पक्षाघात, चलते हुए लड़खड़ाना) : *Lathrus* 3.

22. **Tetanus** (पीठ की ओर से धनुषाकार हो जाना) : Dr. Guzdar writes : Bind moistened tobacco under arms and pit of the stomah. It will relax the system and produce vomiting and give speedy relief. Boger advises *Strychninum* 3 or 30th. Boericke recommends *Ledum* 30 for punctured wounds which may result in tetanus as preventive, such as a puncture as by nails etc.

23. **Vertigo** (चक्कर आना) : For very persistent vertigo *Granatum* first to third potency. This is an agent expelling intestinal tape worms which cause vertigo. *Gelsemium* or *Cocculus* also are useful. Give 30th.

3. HEAD

24. **Hair Falling** (बाल झड़ना) : "It is doubtful if any drug controls the falling of hair better than *Sepia*. It may be used for this both locally and internally, and seems to have a real power to encourage new growth over thin and bald

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patches." Use mother tincture locally and 30th or 200th internally. Dr. Jousset's unique experience is that it should be continued internally for some time in strong doses, that is, 1x twice a day. For external use, 20 drops in half an ounce, of water.

—**Dandruff** : *Thuja*, C.M. One dose only.

25. **Headache, Frontal** (सिर दर्द, आगे के भाग में) : D. Kopp holds *Ptelea* without a rival. Give 30th potency.

—**Occipital** (सिर दर्द, पीछे के भाग में) : *Gelsemium* 30.

—**Left side of the head** (सिर दर्द, बायीं तरफ़) : *Spigelia* 30.

—**Right side of the head** (सिर दर्द, दायीं तरफ़) : *Sanguinaria* 30.

—**Periodical headache** of teachers and clergymen (सिर दर्द, कभी-कभी) : *Zinc Phos* 3x.

—as a matter of **General routine** (सिर दर्द, रूटीन के तौर पर) *Belladonna* 30th potency.

—**Due to heat** (सिर दर्द, धूप या गर्मी से) : *Glonoin* 30th potency.

4. EYES AND VISION

26. **Aocommodation, want of** (आंख का भिन्न-भिन्न दूरियों के अनुसार अपने को अनुकूल न कर सकना) : *Ruta* 6.

27. **Asthenopia** (Weak vision; कमजोर दृष्टि) : *Ruta* 6 is useful for weakness and strain of eyes from sewing or reading fine print. Useful also in disturbance of accommodation. Pressure deep in the orbit. Useful for proof-readers and compositors who have constantly to strain eyes in correcting proofs and composing matter.

28. **Blepharitis** (Inflammation of the edges of the eyes or lids; आंखों की पलकों के किनारे की सूजन) : According to Dr. Norton, *Graphites* comes nearer to a specific. Give 30th potency.

29. **Cataract** (मोतियाबिन्द) : *Cineraria Maritima Succus*, 2 drops in each eye, morning and before bed time has some reputation in the cure of cataract and corneal opacities. This must be kept up for several months. *Zincum Sulph* C.M. not repeated frequently will clear up opacities of cornea, according to Dr. Mc. Farland. In the experience of Dr. E.T. Allen, *Agaricus* 12 has cleared up several cases

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of cataract. Biochemic *Calcarea Fluor* 200x daily is very useful for all eye troubles. *Calcarea Fluor* is a useful remedy to clear hardness and as in cataract the lens of the eye becomes opaque, hence it helps in dissolving cataract.

—**After operation** : Boericke says that *Senega* promotes absorption of fragments of lens after operation. Give 30th.

—Dr. Burnett quotes Dr. Milan in his took '*Curability of Cataract with Medicine*' that he prescribed *Silicea*, then *Cannabis Sativa*, then *Sulphur* to a lady suffering from cataract and it improved rapidly and after a few month's treatment she, of complete and ripe cataract of lens, improved so much that she travelled to distant countries.

—**Corneal opacity** : Mc. Farland says that *Zinc Sulph* C.M. not repeated frequently will clear up opacities of cornea. Also *Cannabis Sativa* 1st to 30th is useful.

—**Epiphora** (overflow of tears) : *Guarea* tincture or lx has been used by Dr. Parentean for 10 years in all cases of wateriness af eyes. (See also conjunctivitis, No. 30).

—**Diplopia** (double vision; द्वित्व-दृष्टि) : *Causticum* 200 or *Gelsemium* 1 or 3.

—**Granular lids** : *Jequirity*, Mother tincture, diluted locally and 3x internally.

—**Injury and strain** of the eyes (आंख पर चोट या आंख की थकावट) : *Ruta* is a great eye remedy for eye strain and loss of power of the eye muscles. If *Ruta* fails to relieve the periosteal pains try *Symphytum*. It is useful for proof-readers and compositors who strain their eyes too long. Use either 30 or 200.

—**Keratitis** (Inflammation of cornea; आंख के गोलक के बाहरी आवरण, अर्थात् कनीनिका का शोथ) : *Hepar sulph* 200.

Dr. Milan prescribed *Silicea*, then *Cannabis Sativa* and then *Sulphur* to a lady suffering from Cataract and it improved rapidly. (Quoted by Burnett in his book).

30. **Conjunctivitis (आंख की पुतली के भीतरी भाग का शोथ, आंख आना)** : Sometimes the eye disease manifests itself in an epidemic form when conjunctivital membrane inflames producing reduess and watering of eyes. It affects children and

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schools have to be closed. *Euphrasia* 3 or 6th potency will control all the trouble. You may give 30th also (See Epiphora under the head Cataract, No. 29).

31. **Hemorrhage, intra-ocular** (आंख के भीतर रुधिर उतरना, नाखूना) : For absorption of intra occular hemorrhage, hemorrhage within the globe of the eye, use *Crotalus Horridus* 6.

32. **Lachrymation** (आंखों से पानी जाना) : See Epiphora and Conjunctivitis (No. 29, 30).

33. **Myopia** (निकट-दृष्टि, दूर की वस्तु न देख सकना) : Dr. Woodyate gave *Physostigma* 2x in several cases with excellent result. It is useful to stop increasing myopia.

34. **Purulent Ophthalmia** (Inflammation of the Conjunctiva; आंख आने में पस या गीद पड़ जाना, पस आना) : According to Dr. Allen, *Argentinum Nitricum* is of greatest service from experience of hospitals. Use 3rd to 30th.

35. **Strabismus** (Squint, भेंगापन—A condition in which the visual axes fail to meet at the objective point from incoordination of the eye muscles) : *Cyclamen* 3.

36. **Stye** (अंजनहारी) : *Pulsatilla* 30 or *Staphysagria* 30 for recurrent styes. *Hepar Sulph* 200 or *Silicea* 200 when the tendency for recurrence fails from other remedies.

—**Specs** before Eyes : *Cannabis Sativa*, 30.

5. EARS AND HEARING

37. **Earache** (कान का दर्द) : From cold, give *Aconite* 30. For earache of infants Chamomilla 30. (See No. 161).

38. **Ear Noise** (Tinnitus, Noises in the ear; कर्णनाद) : Dr. Cooper and Dr. N.M. Chaudhari recommended *Kali iodide* 30, or higher; single dose of it should be allowed to work. Dr. Moore says : "The treatment of tinnitus has long been so unsatisfactory that the rule to make no promise has been fixed among men who have had any experience with that distressing condition. I have made many attempts to give relief to those suffering with various noises in their ears but not until I began the use of *Thiosinamine* from what

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I was able to get any results what so ever in cases of long standing". Use 1x or 2x or 3x.

39. **Deafness** (बधिरपन) : *Natrum Salicylicum* 3. Dr. B.T. Cooper gave *Cheiranthus* mother tincture for deafness, otorrhea etc. Give internally 2 drops in a cup of hot water.

40. **Discharge from the Ear** (कर्ण-शोथ या कर्ण-स्राव) : Thick, yellow discharge, *Pulsatilla 30.*

—Eustachian tube blocked : Sometimes after nasal catarrh eustachian tube,middle ear and frontal sinuses get affected. This is due to chronic cold. In such a case *Cupressus* is very effective. This remedy has been mentioned as a possible prophylactic and an abortive in colds and as a remedy in chronic deafness (See Nos. 39, 51).

—sour smell from the ear-discharge : *Hepar Sulph* 30.

41. **Mumps** (Parotiditis; गलपेड़े) : It is a swelling of the gland near the ear; this gland is called Parotid (गलपेड़े). Dr. Burnett used *Filocarpus*, 3 or 3x as a preventive. The drug is also called *Jarobandi* (See No. 251).

—during the attack : *Belladonna* 30 is an excellent remedy. It may be alternated with *Merc. iodide* 30. If Mumps affects testicles or mammae then use *Pulsatilla* 30.

42. **Otorrhea** (discharge from the ear; कान से पस आना) : *Kali Bichrome* 30, if the discharge is sticky and thready. In otorrhea better give 200 potency.

43. **Tinnitus Aurium** (Subjective ringing in ear; कर्णनाद) : *Thiosinamine* 2x or 3x. It is made of mustard seeds. *Citrus Dictamus* (grape fruit) has only one symptom—noises and ringing in ears. For Tinnitus this remedy may also be tried.

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6. NOSE

44. Adenoids (It is a glandular growth in the nose; **नाक और कंठ के बीच में तंतुओं का बढ़ जाना**) : Dr. J.T. Kent cured more than a hundred cases with *Tuberculinum bovinum* alone so that the child could breathe through the nose and close the mouth. This drug is also called *Bacillinum.* Start treatment with 200 potency which should not be repeated before a fortnight or so.

"Besides the *Tuberculinum* comes the great triad, *Sulphur*, *Calcarea* and *Lycopodium*, with *Calcarea* in the foreground. According to Homoeopathic literature, *Calcarea phos* is the favourite because of its unfailing action. Next comes *Iodium*, mostly in combination with *Calcarea Iodide*, *Baryta iodide* and *Mercurius iodatus flavus.*"

Dr. Cooper regards *Calcarea Phos* almost specific. Start with 6x or 12x. After some days, say 6 or 10, switch over to Homoeopathic 30, two doses a day, for a fortnight, then watch the result.

45. Cold (**सर्दी या ठंड खा जाना**) : Boericke says that *Natrum Mur.* is infallible for stopping a cold commencing with sneezing. Use 30th potency. For ordinary cold due to severe snowfall etc. *Aconite* 30 will be useful. Give *Camphor*, mother tincture, a few drops as soon as first chilly sensation is felt. *Aconite* 30 is to be thought also at early cold, particularly after exposure to cold winds.

46. Coryza (**जुकाम**) : Boericke says that *Natrum Mur* is very useful in vlolent, fluent coryza, lasting from one to three days, then changing into stoppage of nose, making breathing difficult. Then discharge thin and watery, like raw white of an egg. Violent sneezing coryza. It is infallible for stopping a cold commencing with sneezing. Use thirtieth potency. *Nux Vomica* 6 is also useful in stoppage of the nose. If the colour of the discharge turns yellow

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then resort to *Pulsatilla* 30. For a thready discharge, *Kali bichrome*. If only thin, watery, like white of an egg, then *Kali Mur* 30.

—**Chronic coryza** : Where there is profuse, watery, acrid, coryza associated with pain in frontal sinus, stuffiness and dryness of nose without discharge prescribe *Kali iodide* 3, 6 or 12 potency.

47. **Epistaxis** (नकसीर) : *Millefolium*, Mother tincture or 3. Dr. Cooper recommends *Ferrum phos* 1st potency which never disappoints.

48. **Nasal, polypus** (Polypus is a stem-like tumor in the nose, ear or rectum; नासार्बुद) : *Teucrium Marum* 1 to 6 potency is useful in such catarrhal conditions of both anterior and posterior nostrils. This polypus is the cause of chronic catarrh, discharge of large and irregular clinkers. Coryza with stoppage of nostrils. For local use of the treatment of ploypus dry powder of *Teucrium* can be used.

Leman Minor 3 also is a catarrhal remedy. It acts specially upon nostrils, nasal polypi. Asthma from nasal obstruction. This remedy is favourite of Dr. Robert Cooper when the nose is never clear and contains polypi.

49. **Nose Bleed** (नकसीर) : Boericke recommends *Natrum Nitricum*, second trituration, (2x). This remedy is useful in hemorrhages from mucous membranes, particularly nasal.

50. **Ozena** (A fetid nasal ulceration and discharge; नाक का फोड़ा, फोड़े का स्राव) : Boericke recommends *Cadmium Sulph.* Tightness at the root. Nose obstructed. Caries of nasal bones. Nostrils ulcerated. Use 3 or 30th potencies. Clarke mentions this remedy in his *Dictionary* thus : "No remedy has served me better in Ozena and Polypus".

51. **Sinusitis** (Sinus is a cavity, a hollow or a pocket; नासूर) : Generally patients complain of sinus frontal which causes pain connected with nose. For chronic nasal catarrh with ulceration of the septum, nose obstructed and dull, heavy

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pain in the forehead, *Fluoric acid* 6 to 30 will cure. If not, give *Silicea* 200 every fortnight and no medicine two days before and after. During the interval give *Kali bichrome* 30, four times daily every 4 hours.

—**Chronic sinusitus** : *Medorrhinum*—This gonorrheal Nosode is useful in chronic sinusitus. There is discomfort inposteior nares, (See No. 39, 40, 51).

7. THROAT

52. **Aphonia** (Loss of voice; स्वर भंग, गला बैठ जाना) : Dr. Cartier says : "I want to emphasize the remarkabl efficacy that in complete aphonia I have often seen one drop of *Ipicac* 6 or 30 in half an hour repetition restores the normal vocai function at the end of 4-5 hours".

Boericke recommends *Borax*—(सुहागा)—and says in Homoeopathic Materia Medica : "A piece of borax, the size of a pea, dissolved in the mouth acts magically in restoring the voice; in cases of sudden hoarseness brought by cold, and given frequently for an hour or so, it renders the voice silvery and clear".

53. **Bronchitis** (The wind-pipe which is the organ of voice is called Trachea; श्वास-नली) : The upper part of trachea—the windpipe—is called *Larynx*, the lower part of the windpipe is called *Bronchus*. The lower end of the windpipe—*Bronchus*—divides into two pipes called *Bronchi*, each pipe goes to each lung. Inflammation of lower pipe-line is called bronchitis. If not handled early, the inflammation may extend to lungs causing Pneumonia; (श्वास-नली-शोथ). *Antimonium Sulphuratum Auratum.* 2x or 3x has been found curative clinically. It is useful in increased mucous with fullness of bronchi. Winter coughs. The patient is sore all over. In great rattling of mucous but very little expectoration *Antimonium tartaricum* is the specific cremedy and rattling is the guiding sympotom.

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—**Chronic** : Hughes says that during winter, in Chronic Bronchitis *Nitric acid*, has no parallel. Give in 6th potency. In *Nitric acid* when the patient begins to improve skin symptoms may appear which is a favourable indication.

54. **Broncho-Pneumonia** (ब्रोंको न्युमोनिया; श्वास-नली तथा फेफड़ों की सूजन) : Dr. C. williams recommends *Aviare* 30 as a marvelous remedy for those little ones who have bronchitis which is almost true brocho-pneumonia. *Aviare*, according to Boericke, is tuberculine from birds, It has proved excellent remedy in influenzal bronchitis—symptoms similar to bronchitis. It relieves debility, diminishes the cough, improves the appetite and braces the whole organism.

55. **Diphtheria** (An infectious disease with a membranous exudation on mucous membrances, commonly in the throat from the mouth to the membranous sac behind the mouth—*pharynx*; गले की झिल्ली का प्रदाह) : Beoricke recommends *Mercurius Cyanatus* 6 and says that in diphtheria it has achieved unquestioned great results.

—**As a prophylactic** for Diphtheria : *Carbolic acid* 30x, twice daily for 3 days.

56. **Hoarseness** : *Borax* (See Aphonia No. 52 in the main heading 'Throat') : *Coca*, tincture or third attenuation is also useful. Give 5-6 drops, every half an hour before expected demand of voice. (See Nos, 52, 295)

57. **Laryngismus Stridulus** (It is a spasmodic affection of the *Larynx* when there is a sudden arrest of respiration with cyanosis and long loud crowing inspiration. Generally children suddenly suffer from it) : In such cases *Gelsemium* Ist to 3rd potency is most often used and is of great value. It is almost a specific. The first object should be to relieve the spasm of the glottis, which is done by quickly stripping the child and placing it in a hot bath, taking care that the water is not too hot, and then putting cold water on the head and chest. This expedient promptly carried out has never failed to bring a child atonce out of spasm. (From S. J. Guzdar's '*Specific Therapeutics*').

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58. **Laryngitis** (Larynx is the upper part of the wind-pipe. Its inflammation is laryngitis; **गले का शोथ**) : Professional singers often suffer from hoarseness of voice. Dr. Mitchell advises the use of *Hepar Sulph* and considers it the most effective. 30 or 200 potency may be used.

59. **Neck-Stiffness** (**गर्दन का अकड़ जाना**) : For neck drawn over to one side, rheumatism of the neck, pain in nape as if dislocated, the best remedy is *Lachnanthus* 3. We should consider *Cicuta* 200 also in this complaint. Its symptoms are—head turned or twisted to one side. Cervical muscles contracted, Muscular spasm.

60. **Pharyngitis** (Inflammation of the Pharynx. Pharynx is musculo-membranous sac behind the mouth; **गल-कोश का शोथ**) : Dr. Ivins says : *Sanguinaria Nitrica* is my anchor. It is the remedy to be employed in absence of clear indications for another. Use 3x. Also a mixture of equal parts of the tincture of *Phytolacca* and tincture of *Actea racemosa* will do good. They can be put in water and 10-15 drops may be taken (Also see Tonsils under the main head 'Throat' No. 62).

61. **Sore Throat** (**गला पकना**) : In acute redness of the throat, swallowing difficult, tonsils swollen, give *Belladonna* 30 or 200 or gargle with *Carbonate of soda* in water.

62. **Tonsils** (**टाँसिल**) : Dr. George McBean says that a mixture of the tincture of *Actea Racemosa* and *Phytolacca*, equal parts, given in 5 drop doses every 2 hours will usually cure tonsillitis in 24 hours. For right side tonsillitis *Lycopodium* 200, and for left side *Lachesis* 200. and for both sides *Belladonna* 200. or *Bell* even for right side.

—**acute** : *Guaicum* tincture or 6th potency will control.

—**Preventive** : *Baryta iodide* 2x or 3x or *Baryta Carb* 30, both are useful as preventives as well as curatives, but according to Dr. Boger *Baryta iodide* does more good than *Baryta Carb.*

—**routine treatment** : *Sulphur* 12x daily for 4 successive days in a week for 4 weeks, then *Sulphur* 6 twice daily for

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3 successive days in a week for 2 weeks, then *Silicea* 30 twice daily for 3 successive days in a week for 4 week, then *Sulphur* 30 twice daily for 2 successive days for 2 weeks. This is the experience of Dr. P. N. Pai.

Dr. Mohan Singh of Patiala reports the case of the son of the accountant of State Bank who had periodic attacks of acute Tonsillitis. He was cured by *Echinacea* which is useful in septic conditions. This is a remarkable medicine as a 'corrector of blood dyscaria'. Tincture, one to ten drops every two hours, and larger doses.

63. **Vocal Cord** (वाक्-प्रणाली) : *Coca* tincture 5-10 drops in water or 3rd attenuation is a great tonic of vocal cord.

8. FACE

64. **Acne** (Pimples on the face, back or chest; फुन्सियां, मुहासे) : John H. Clarke recommends *Kali Bromatum* 30 which is said to be almost specific. Dr. S.K. Adhikari writes : "I know of no remedy of such universal usefulness in case of simple Acne as *Kali Brom* 30". Biochemic *Calcarea Phos* 3x can also be tried (See also Nos. 66, 217).

65. **Lock Jaw** (A spasm of the muscles of mastication. It is also called Trismus; जबड़े का पकड़ा जाना) : In this, head may be bent back or twisted to one side. It begins with stiffness of neck or about the jaws which are opened with difficulty. After some time the jaws become firmly closed resulting in lock-jaw. If it is due to exposure to cold, give *Aconite* 3 or 30. If it is due to injury, *Hypericum* 200. If there are convulsions, side-to-side movements of the jaw then *Gelsemium* 3 every one hour. Dr. S.J. Guzdar says : "Moist tobacco bound on the pit of the stomach and under arms will produce vomiting and afford speedy relief."

66. **Pimples** (फुन्सियां) : A very well known Homoeopathic doctor prescribes *Sulphur*, *Silicea*, and *Carbo veg*—all 30, in a mixture, one drop or pillules of each, as a specific for Acne or Pimples. (Also see Acne, Nos. 64, 217).

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9. MOUTH AND TONGUE

67. **Cancerous Sore Mouth** (मुख का कैंसर) : According to Dr. Luther Beck, *Kali Phos* 3x in repeated doses is a specific.

68. **Epulis** (A small elastic tumor of the gums; मसूड़ों का ट्यूमर) : *Calcarea Carb* is highly recommended in high potency, 30, 200 or 1M.

69. **Gum Boil** (मसूड़ों का फोड़ा) : *Hekla Lava* 3x. Also useful in Toothache with swelling about jaws and abscess of gum.

70. **Ptyalism** (Excessive secrtion of saliva मुंह में सैलाइवा आना) : *Pilocarpus* 6x. Dr. Hale cured several cases of excessive salivation in pregnancy by *Mercurius*. Give 30 or 200. Symptom of *Mercurius* is great thirst with moist mouth.

71. **Ranula** (A cystic tumor beneath the tongue; जीभ के नीचे ट्यूमर) : Dr. Jahr recommends *Mercurius* 30 or 200. He cured most cases with *Mercurius*.

72. **Stomatitis** (Inflammation of the mouth; मुँह आना पकना) : *Kali Chloricum* 6.

73. **Stomach Ulcer** (पेट का अलसर) : Dr. Cooper says : *Ornithogalum Umbellatum*, mother tincture. Give one dose and wait. The symptom is : Pain increases when food passes through the pyloric outlet. It has agonizing feeling in the chest.

74. **Stuttering** (तुतलाना) : *Cannabis indica* 30.

75. **Toothache** (दांत का दर्द) : *Thymol* when applied to the gum will stop throbbing pain and also will stop abscess. If toothache is relieved by holding ice-water in the mouth *Coffea Crude* 200 will help. *Plantago Major* applied locally to the teeth will afford immediate relief. When pain is better by hot food and drink give *Chamomilla* 30. If the gums are spongy and bleed easily, then *Staphysagria* 3 or 30 is the remedy. For children, if dentition is very painful and very rapid decay of teeth, teeth dark and crumbly, then *Kreosotum* 30 or 200. *Chamomilla* 30 is also effective in teething troubles of children—cutting of gums and consequent diarrhea etc.
—**Routinely** : A Combination of *Staphysagaria* 200, *Silicea* 30, *Kali iodide* 30 and *Merc. sol* 30 works well in

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majority of cases of toothache. If the pain is very severe give a combinatlon of *Staphysagria* 200, *Hypericum* 200 and *Arnica* 200. As regards repetition : One dose every half an hour 4 times. then after every two hours till the pain subsides.

10. CHEST AND LUNGS

76. Asthma (दमा) : *Euphorbia Pilulifera*, mother tincture, cures all cases with some emphysema, teasing cough in paroxysms, nocturnal attacks of all degrees of severity, wheezing respiration all day, the expectoration muco-purulent, frothy and ropy. Many got relief in half an hour after taking the first dose. Humid Asthma. Take 10 drops every two hours of third to sixth potency. For Asthmatic attack at mid-night, 1 a.m. and 2 a.m. *Arsenic Album* 30, 200; for rattling, breathing worse at 2 a.m. to 3 a.m. or 2 a.m. to 4 a.m. *Kali Carb* 30.

Dr. Clarke recommends *Bacillinum* 200 once a week. It will be of marked advantage. Boericke says : 3 grains of *Iodoform* 2x or 3x on the back of the tongue will relieve attack of Asthmatic breathing.

76. Asthma in children (बच्चों का दमा) : Dr. Kent advises *Natrum Sulph* 3x. It can be repeated every hour. In Biochemic treatment give *Calcarea Sulph* 3x and *Ferrum Phos* 12x, mixed together.

77. Axilia, Pain (बगल में दर्द) : In pain in the armpit give *Juglans Cinerea*, tincture to third potency. Try either.

78. Emphysema (A distention of the tissues with air, **फेफड़े या तंतुओं में वायु भर जाना**) : Dr. Hale calls *Aspidosperma* as the *digitalis* of lungs. Its other name is *Quebracho*. According to Boericke, it removes temporary obstruction to the oxidation of the blood by stimulating respiratory centres, increasing oxidation and excretion of carbonic acid. It is an effective remedy in many cases of Asthma. It stimulates the respiratory centres and increases oxygen in the

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blood. Useful in cardiac asthma. First trituration to be given every hour.

Dr. Jahr says that he always commenced the treatment of Asthma with *Ipecae* 30.

79. **Hydrothorax** (Dropsy of the chest; छाती में पानी भर जाना) : *Mercurius Sulphuricus* 30.

80. **Pleurisy, pain** (फेफड़े के आवरण का प्रदाह) : Dr. S.J. Guzdar writes in '*Specific Therapeutics*' : "An excellent method of relieving pain is by fixing mechanically the entire side with strips of adhesive plaster. The first strip is laid on obliquely in the direction of the ribs, the second across the course of the first, the third in the direction of the first and so on until the entire side is covered".

Bryonia 30 or higher is an excellent remedy in pleurisy. Dr. B. Bhattacharya says that in pleurisy 12th potency should be given.

81. **Pleurodynia** (Chest-pain in the muscle between the ribs; वक्षास्थियों के बीच की मांस-पेशियों में दर्द) : According to Farrington *Guaiacum* rarely fails in this disease. Use tincture or 6th potency.

82. **Pneumonia** : *Bryonia* 6x and *Phosphorus* 6x given alternately or *Bryonia* 6x to be alternated with *Antim Tart* 6x is effective. Dr. B. Bhattacharya says that in pneumonia 30 potency should be given.

83. **Respiratory Affections** (श्वास-नलिका के रोग) : Those who are predisposed to recurrent attacks become immune after a few doses of *Natrum Sulph* 6x or 12x.

11. COUGH

84. **Coryza** (जुकाम) : Dr. Clarke writes : I take some credit to myself for bringing *Natrum Mur* as a remedy for colds. About 16 years ago, when Dr. Burnett's work on the drug appeared, I made a study of it and was struck with the

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number of cold symptoms it possessed. Having a pretty severe cold myself at the time, I took a few doses of potency 6 and was delighted to find myself quite cured. I soon repeated the happy experience on several patients and then my partner Dr. Roche gave it on my recommendation to a patient of his own who was suffering from a severe cold. The patient declared he had never got rid of cold so quickly in life. Dose : Potency No. 6; if liquid, 2 drops every two hours of 6th potency.

—**Chronic Coryza :** Mr. Bhatia, aged 42 years, suffering from worst coryza with severe sneezing, watering nasal discharge and profuse perspiration came to Dr. Jagjit Singh for treatment. The trouble had been for a long number of years. Underwent all sorts of diagnosis, tests and treatments but to no avail. So much so that one of the doctors told the patient that the latter would not survive more then three months; the patient was very much disappointed when he came to Dr. Jagjit Singh. A few doses of *Natrum Mur* 200 cured.

—**disposition to take cold :** Those who continuously take cold will be benefitted by *Kali Bromatum*, 3rd trituration, that is, 3x.

85. **Cough of consumptives** (यक्ष्मा की खांसी) : *Salvia officinalis.* It is a tickling cough, especially in consumption. 20 drops in a cup of water. The effects manifest themselves quickly two hours or so after taking a dose, and they persist from 2 or 6 days. Dr. Guzdar recommends that an excellent palliative is honey with a little Brandy before retiring.

86. **Cough and Cold** (सर्दी से खांसी-जुकाम आदि) : Dr. Captain Rai of Bombay (now deceased) used to give for cough, cold and tonsils *Ferrum Phos* 30 and *Kali Mur* 30 alternately. His cough and cold powders became famous with patients as they worked wounderfully. If a patient has to cough too deep to raise phlegm—*Phosphorus* 30 will be effective. Cough that may be left over by influenza, and *Bryonia* has failed to cure, will be cured by *Ammon carb.* This is also a remedy for cough at 3 or 4 A.M. Give 200, one dose.

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Justicia Adhatoda is practically a specific in cough. It is highly efficacious in colds, coryza, coughs, bronchitis, pneumonia, spitting of blood. It has cured whooping cough also.

87. **Croup** (घुँडी खांसी या कुत्ता खांसी) : Boenninghausen's prescription is : *Aconite* 200, *Spongia* 200, *Hepar sulph* 200. First give *Aconite*, then after 3-4 hours give *Spongia*, then after 3-4 hours give *Hepar sulph*. Generally, children suffer from croup. After *Spongia* you can go back to *Aconite*. It is not necessary that all the three remedies should be given. Stop wherever the complaint disappears. It is called 'Croup' because the cough ends in a sound ; 'CROUP'.

Dr. Hale writes : No remedy acts so promptly as a palliative in all cases of croup and also as curative in many cases as *Kali Bromatum*. The symptoms are atonce arrested. Dose: A few grains of the crude salt or the 3rd trituration (3x). Remember the unstable character of the salt. Said to be much more active if salt is eliminated from the diet.

Crouping cough is also called Barking Cough. The specific remedy for this is *Spongia*. *Spongia*-cough is a bronchial catarrh, with wheezing, asthmatic cough, with profuse expectoration and suffocation. *Drosera*-cough is whooping cough, also called Pertussis, which is an infectious cough of children. It is Pthisical cough. In *Drosera*, paroxysms of cough follow each other very rapidly.

88. **Whooping Cough** (काली खांसी या कुत्ता खांसी) : *Drosera* 12. It is an infectious cough, coming in paroxysms and ending in vomiting. Its duration is 3-4 weeks. The paroxysms end in the sound 'WHOOP' and so it is called whooping cough. Hahnemann points out *Drosera* as its principal remedy but advises one dose only of 30 potency. The disease will subside within a week.

It is also preventive. *Drosera* is useful in clergymen's sore-throat, with rough scraping, dry sensation deep in the

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fuaces (from the mouth to the pharynx), voice hoarse, toneless, cracked, requires exertion to speak. The phroxysm of cough following each other very rapidly.

12. HEART

89. Ailments of the Heart : If there is any remedy especially deserving our confidence in heart affections resulting from rheumatism and also from obscure origin, it is *Scutellaria.* Use the tincture and lower potencies. This is a nervous sedative. Useful in Cardiac irritability.

90. Angina Pectoris (Severe pain in the heart; हृदय-शूल) : Dr. William Bever and Dr. Boericke advise that patients who have suffered from Angina should always keep *Lactrodectus* 12x at hand as a preventive to the disease. Boericke says that *Tabacum* 30 or higher should prove the most Homoeopathic drug for Angina Pectoris. Dr. Bogr says that this is the most indicated drug in angina pectoris. Barker in his '*Miracles of Healing*' advises *Cactus* 3x or mother tincture a few drops in water.

91. Arterio-Sclerosis (धमिनी-काठिन्य; धमनियों का कड़ा पड़ जाना) : Boericke advises *Aurum metellicum* 30, or *Strontia carb* 30. It is said by Boericke that *Cratagus* mother tincture has a solvent power upon crustaceous and calcareous deposits in arteries. Hence, it reduces blood pressure. It also acts on the muscle of the heart and is a heart tonic.

92. Blood Pressure (ब्लड प्रेशर) : When the arteries get hardened, it causes blood pressure. It is either high or low or normal :

—High : *Aurm Mur Natronatum* 2x or 3x (Boericke).

—High : Boger recommends *Zincum iodide*, 6.

—High : According to Dr. Blackwood in high blood pressure *Baryta Mur* 6x will give relief, but this does not apply where B.P. is due to diseased kidneys or calcaricsu

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blood vessels. If B.P. is due to kidneys, then *Picrid acid* 6 is recommended. As stated earlier, *Cratagus* reduces blood pressure.

—**Low :** Three doses of *Camphora* 1x at 15 minutes interval. Boericke says : As a heart stimulent, emergency use of *Camphor* is a most satisfactory remedy. Drop-dose as often as every 5 minutes. Even *Amritdhara* may be used.

Dr. D.E. Mistry of Sholapur reports that it was an agreeable surprise to him to see *Carbo Veg*, raise the blood pressure in ALL cases where he used it even from as low a B.P. as 40 systolic and brought it to 90-100 systolic. Warmth returned to previously cold extremities.

Boericke says that *Veratrum Viride* induces fall of both systolic and diastolic blood pressure. First to Sixth potency.

93. **Fatty Degeneration of the Heart Muscle :** *Strychninum Phosphoricum* 3 or 30 potency. This drug acts through the cerebro-spinal system upon muscles, in their stiffness, weakness and loss of power. Dr. Royal recommends it in the beginning of the fatty degeneration of the heart muscle.

94. **Failure of the Heart** (हृदय के फ़ेल हो जाने की संभावना में) : *Camphor* in drop-doses every 5 to 10 minutes is the best stimulant in emergency. Can also use *Amritdhara*.

95. **Heart Tonic** (हृदय का टॉनिक) : *Cratagus*, mother tincture. It is said to have solvent power upon crustaceous and calcareous deposits in the arteries. Must be used for some time in order to obtain good results. One to fifteen drops. (For Tonics See Nos. 5, 119, 295).

96. **Palpitation** (दिल धड़कना, हृदय-स्पन्दन) : *Aconite* 30; if due to indigestion or flatulence use *Nux Vomica* 30; if due to nervousness, then *Ignatia* 30; if hysterical palpitation, then *Moschus* 1 or 3 potency.

97. **Phlebitis** (Swelling of veins or Varicose veins; शिराओं की सूजन) : *Hamamalis*, tincture or 6x; or *Calcarea fluor* 6x or *Vipera* 12th potency.

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98. **Senile Heart** (बुढ़ापे का हृदय) : *Aurum Mur* 2x or 3x in alteration with *Strychninum nitrate* 2x or 3x.

99. **Sub-Normal Temperature** (तापमान गिर जाना) : *Heloderma* 30.

100. **Tachycardia** (Abnormal rapidity of heart-action; हृदय की तीव्र गति) : *Iberis*, mother tincture. There is no better remedy than this.

13. ABDOMEN

101. **Appendicitis** (उपांत्र शोथ) : As a preventive—*Psorinum*, 200 or 1M. Dr. Clarke says : *Iris Tenax*, 3x is the most specific of all the remedies, and may be regarded as a routine prescription to begin with. *Iris Tenax* has been mentioned under *Iris Versicolor* in Boericke's Materia Medica. There it is referred to as a cure in pain in ileo-caecal region. In septic condition, *Echinacea*, mother tincture, 10-15 drops in hot water 3-4 times a day or 3x. works. (See Sepsis in Fevers, No. 253).

102. **Ascites** (Dropsy of the abdomen; जलोदर) : *Apis Mel*, 1x or 6th potency.

103. **Flatulence** (पेट में वायु-संचय, अफारा) : If in the whole abdomen, *China* 30; if in the upper portion of the abdomen, *Carbo. Veg* 30; if it is in the lower portion of the abdomen, then *Lycopodium* 30. (See also Gas under No. 110).

104. **Peritonitis** (Inflammation of the peritonium. Peritonium is serous membrane-lining of the abdomen; उदर-कला-शोथ) : Dr. Hughes says : *Mercurius Corrosivus* has high curative power of a specific nature and I have used it here more frequently than *Bryonia* and with greater satisfactory results. Use 6th potency.

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14. STOMACH

105. Acidity (Heart burn; खट्टे डकार) : Lemon juice will cure acidity.

106. Appetite, diminished (भूख न लगना) : Boericke says : *Aurum arsenicum* increases appetite. He also recommends *Vanadium* 6 or 12 as a tonic to digestive function. The best form is *Vanadiate of Soda* 2 mg. daily by mouth. Its action is that of oxygen carrier, hence is useful in wasting diseases. It increases the amount of Homoglobin. Dr. Redfield also recommended it. (See 121).

Alfalfa tincture, 5-10 drops several times daily. Continue its use till tonic effects ensue. From its action on the sympathetic, *Alfalfa* favourably infiuences nutrition, evidently in 'toning up' the appetite and digestion, resulting in greatly improved mental and physical vigour, with gain in weight—(Boericke)—See 119.

107. Duodenal Ulcer (ड्यूडिनम में अल्सर) : *Dysentry Co.* 30, one dose and wait. This is the opinion of Dr. Bach who claims to have cured many such cases. It is a Nosode.

108. Dyspepsia (अजीर्ण) : Dr. Bartlett says that for atonic dyspepsia *Nux Vomica* 1x and *Carbo Veg* 1x each combind with the first decimal of *Pepsin* 1x appear to be of greater efficacy than the medicinal element of the tablet taken uncombined. Dr. Cushing recommends *Homarus* 3x. It is the gastric juice of lobster. He says that when lobsters are caught, the stomach is often found full of shells, but examined after a few hours after being caught, it is all digested.

109. Food, Non-assimilation (भोजन का असमीकरण) : *Calcarea phos* 1x in water given half an hour after food is very effective, if after taking sufficient food the patient, adult or child, complains of non-assimilation.

110. Gas in the Stomach (Flatulence; पेट में वायु-संचय. आध्मान) : *Calcarea Phos* first to third trituration or higher is almost an infallible remedy for excessive accumulation of gas (See No. 103—Flatulence under the heading 'Abdomen').

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111. Gastralgia (Hyper-acidity; Pain in the stomach; **अम्ल के कारण पेट-दर्द**) : *Iris Versicolor* has been for many years one of the foremost remedies. Potency 30th. *Nux Vomica* 30 is an excellent remedy for gastric derangement. Discomfort comes after half an hour after meals.

112. Gastric Ulcer (**पेट का फोड़ा**) : In paintful affections of the stomach, ulceration, vomiting of food *Condurango* has been recommended by Boerieke. Tincture or bark 5 grain doses before meals in water. Also 30th potency. Its pulverized bark alleviates the pain, stops vomiting and the patient improves rapidly under its use.

Sulphate of Atropine 3x or 4x will subdue the frightful cardialgic pain of ulcers (Cardialgia means heart-burn or pain in the heart). The improvement caused by Atropine will be best continued by *Sulphur* 30 or 200 at prolonged intervals. (See No. 120, 237).

Pain in stomach relieved by cold water is the symptom of gastric ulcer. *Phosphorus* 1M is the remedy tried by the author on a patient.

113. Hemorrhage, from stomach (**पेट से रुधिर आना**) *Geranium*, mother tincture, is an excellent remedy. Catarrhal gastritis with profuse secretion, tendency do ulceration and passive hemorrhage. This remedy lessens the vomiting in gastric ulcer.

114. Hiccough (**हिचकी**) : *Ginseng*, mother tincture, 5 drops will stop the deadly hiccough. *Iodine* 3 drops in water will also stop. One of my friends, Mr. Chamanlal of Poona told me that he suffered from violent hiccough. He was told that cow's Ghee one or two spoons taken stops it. He tried it and was surprised to see that it stopped.

115. Hyper-Acidity (See Gastralgia No. 111).

116. Nausea (**जी मतलाना**) : *Ipecac* is the head remedy. Give 200. *Antimonium crude* 6 has vomiting with white coated tongue, as if white-washed. *Aethusa* 30 is an exellent remedy for vomiting of children. *Kreosote* 30 proves a specific when vomiting starts from other causes than the

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stomach-upset. It is a remedy in vomiting of gastric cancer, pthisis and chronic nephritis.

117. Pain in stomach (पेट-दर्द) : See No, 103, Flatulence under the heading 'Abdomen'. Pain in the stomach may be due to flatulence or gas. If pain in the stomach is relieved by bending forward or bending double, then give *Colocynth* 30.

118. Sea-Sickness (जहाज के सफ़र में जी मतलाना) : *Apomorphia* 6 has violent inclination for vomiting. This remedy is useful for sea sickness and vomiting in pregnancy. *Tabacum* 30th also will prevent vomiting.

119. Tonic, digestive (भूख; स्वास्थ्य के लिये टॉनिक आदि) : *Alfalfa* tincture, favourably influences nutrition and tones up appetite. Improves mental and physical vigour with gain in weight. Disorders characterized by mal-nutrition are mainly within its range. For example, neurasthenia, blues, nervouness, insomnia. The best results are elicited with material doses, 10-15 drops of mother tincture, 3-4 times a day, for several days. (See 106).

120. Ulcers of Stomach (See No. 112 Gastric ulcer under the heading 'Stomach').

15. LIVER AND SPLEEN

121. Fatty Degeneration of Liver (Degeneration means conversion of an organ into oil) : *Vanadium* 6, 12 potencies. This is a remedy in degenerative conditions of the liver and arteries. Its action is that of an oxygen carrier and a catalyzer, hence its use in wasting diseases. It increases the amount of hemoglobin, also combines its oxygen with toxines and destroys their virulence. Also increases and stimulates phagocytes (phagocyte is a cell possessing the property of absorbing). The best form is *vanadiate of soda*, 2 mg. daily by mouth. (See 'Appetite'—No. 106 —under heading, 'stomach').

122. Gall Bladder, post operative cases (पित्ताशय के ऑपरेशन के बाद की शिकायतें) : Gall blader is a pear-shaped sac on the

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under surface of the right lobe of the liver, the reservior of the bile. If it is operated and there is complaint regarding liver, then *Leptandra* 3 which is a liver-remedy is useful. Its symptoms are: Jaundice and enfeebled portal circulation with black, tarry stools.

123. Gall-Stone Colic (पित्त-पथरी का दर्द) : Dr. Burnett and Dr. Swan affirm aftcr much experience that *Cholesterisnum* 3 is almost a specific and relieves the distress atonce. It is a Nosode. Must he given high.

—Preventive (पित्त-पथरी का अवरोधक): Dr. C. Thayer says : "*China* 6x six pills twise a day till 10 doses are taken, then 6 pills every other day till 10 doses are taken, then 6 pills every other day till 10 doses are taken, then at last one dose only a month. I have not failed to cure, in a single instance, permanently and radically, every patient, with gall-stone colics who has taken the remedy as directed".

124. Gall-Stone Removal (पित्त-पथरी का निस्सारण) : Dr. Burnett says : "When a remedy cannot be chosen or one fails to cure colic, give *Hydrastis*, mother tincture, 5 drops in hot water. Its action on liver is marked". *Chelidonium* tincture is a head remedy for gall-stones. If taken for long it expels stones from the gall-bladder and prevents their formation.

"Olive oil is also a proven remedy. It should be taken half a pint daily. Take a drink of oil and follow immediately with lemon juice. After three or four minutes take more olive oil and follow it up with more lemon juice. Continue till half a pint has been taken and finish it up with lemon juice. The lemon juice helps in digesting the oil and prevents sickness. This treatment is said to result in passing of stones in one day, but in some cases the treatment may have to be repeated for two or three days". (Bishambardass in '*Select Your Remedy*').

125. Jaundice (पीलिया या यरकान) : A prominent liver remedy is *Chionanthus*. It should be used in mother tincture, 2 to 10 drops or first attenuation. Useful for Yellow conjuctiva, jaundice. It removes the disease of years standing in from 8 to 10 days. *Chelidonium* is specific for Jaundice. Use 6th potency.

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126. Liver Diseases (यकृत् अर्थात् लिवर के रोग) :

—**Cancer :** *Cholesterinum* 3x. Burning pain in side. On walking holds his hand on side as it hurts him so much. It should be remembered in organic liver diseases. Dr. Burnett recommends it in cancer and tumor of the liver.

—**Deficiency of bile :** *Iris* increases the flow of the bile. Use 30 or 200. Favourable report from the very highest potencies.

—**Enlarged :** *Chionathus*, tincture or first attenuation.

—**Spots** (Liver spots) : Apply *Lactic acid* locally. If one application is not sufficient, repeat until the epidermis (outer skin) peels off.

—**Soreness, pain, jaundice :** Boericke says, 'Action of *Carduus Marianus* is centred in the liver. Use tincture or lower potencies. When abuse of alcoholic beverages affects liver then also it is useful.

—**Violent pains in the liver :** *Medorrhinum* 1M or 10M may be tried. Do not repeat it.

—**Liver remedy :** A prominent liver remedy is *Chelidonium Majus*. It covers many of the direct reflex symptoms of the diseased condition of the organ. The jaundised skin, and especially the constant pain under inferior angle of the right scapula are certain indications. Use tincture or lower attenuations, like 3, 6, etc.

127. Spleen, enlarged (तिल्ली का बढ़ना) : The head remedy for enlargement of the spleen is *Ceanthus*. Its mother tincture should be given in drop-doses. Drop doses means 5, 10, 15 etc. repeated three, four times a day.

16. KIDNEY, BLADDER, URINE

128. Albuminous Urine (मूत्र में एलब्यूमिन आना) : *Apis Mel.* is the head remedy for albumin in urine. Inflammation of kidneys is characteristic pathological state corresponding to *Apis*. Give tincture to 30th potency. Dr. Paul Jousset highly recommends Kock's Lymph 6.

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129. B. Coli (बी० कोलाई) : Dr. Wheeler recommends *Sepia*. Give 200. Dr. Jousett's experience is that *Sepia* should be continued for sometime in strong doses—1x twice a day.

130. Bladder Affections (मूत्राशय के रोग) : *Solidago*, mother tincture, 10 to 15 drops in hot water or 3rd potency. Boericke says that some times it makes the use of catheter unnecceary.

—**Burning** sensation while urinating : *Cantharis* 30.

—**Irritable**, of old women: *Copaiva* first to third attenuation is most effective. The symptoms of irritability of the bladder are painful micturition by drops, catarrh of the bladder, constant desire to urinate.

131. Calculus (Renal or Biliary; पथरी —गुर्दे की पथरी या पित्त-पथरी : Generally *Berberis Vulgaris*, mother tincture, 10 drops, twice in cup of cosy water is highly recommended. It is the head remedy for calculus. Dr. Burnett recommended *Urtica Urens* 5 drops in the above manner. It is also preventive.

—**preventive** (Renal) : *Calcarea renalis* 2x or 200 lessens the tendency to accumulation of tartar on teeth, gravel and renal calculi. Moreover, if *Lycopodium* 10M has cured, *Lycopodium* C.M. will prevent recurrence.

Dr. Mohinder Singh Jus of Delhi reports in '*Homoeopathic Sandesh*' (June 1973) having cured a girl patient of renal calculus by weekly administration of *Sulphur* 10M, *Calcarea Carb* 10M and *Lycopodium* 10M. The author has cured a lady patient of renal calculus by *Lycopodium* 200. Dr. Kent has explained in his '*Lectures on Homoeopathic Materia Medica*' under *Fluoric Acid* and *Kali Sulph* the natural relationship between *Sulphur*, *Calcarea Carb* and *Lycopodium*, as to why one follows the other. It is not necessary that this should inevitably be followed, one can stop where the cure has taken place.

132. Cystitis (Inflamation of the bladder; मूत्राशय-शोथ) : Dr. Nobel met with brilliant success with *Terebinthina*. First to sixth potency.

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133. Diabetes, insipidus (बहुमूत्र-रोग) : *Acid Phos* 1x, every 3 hours.

—**Mellitus** (मधुमेह) : Guzdar quotes Anshutz and says that *Arsenic Bromide* is a powerful remedy both in mellitus and insipidus. He quotes Anshutz as follows : "I cured cases with it where patient had already been reduced from 138 pounds to 98 pounds, and where the urine condensed by boiling into syrupy consistency. Mixed diet may be allowed. Let the patient take three drops of *Arsenic Bormide* tincture, thrice daily in a glass of water, and after a week the insatiable thirst will be quenched, and these doses must be continued till the quantity of suger in the urine in reduced, when the drug might be taken twice a day continued for long time."

Dr. Cambell cured 2 cases with *Radium Bromide* 30.

Syzygium Jambolanum, mother tincture, is a preparation of *Jamun*. It is a most useful remedy in diabetes mellitus. Boericke says : "No other remedy causes in so marked a degree the diminution and disappearance of sugar in the urine". Use tincture. *Syzygium Jambolanum*, mother tincture, and *Uranium Nitricum* 3x both combined or one after another will reduce sugar in a fortnight.

Dr. K.V. Ramanmurthi reports his experience in *Homoeopathic Sandesh* (October, 1974) regardtng reduction of blood sugar by the administration of Homoeopathic *Insulin* 30 potency, one dose daily for 3 days. Diet restrictions were there, but with Homoeopathic *Insulin* 30, the blood sugar came down to 116 mg. from 132 mg. though the normal level is 120 mg.

134. Enuresis (Involuntary urine; wetting the bed; पेशाब अपने-आप निकल जाना) : *Causticum* 30. Boericke recommends *Serum Anquillar Ichthyotoxin* (*Eel's serum*) 1x to 3, higher potency in renal attacks. Boericke says : "We should bear in mind that the elective action of *Ele's serum* is on the kidneys, and I believe we can well assert that if *digitalis* is a cardiac, the eel's serum is a renal (pertaining to the kidneys) remedy. There, where *digitalis* is powerful, the serum of eel has put an end to the renal obstruction and produces

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an abundant diuresis (excessive secretion of urine). But its really specific indication seems to be for acute nephritis". In involuntary urine, so distressing in children, *Cantharis* 3, 6 or 12 is usully curative.

Belladonna 30 when child makes water in deep sleep usually after mid-night and towards morning, urine in large quantity; *Calcarea Carb* 30 is suitable in children who perspire about the head in sleep, making water more than once during night; *Causticum*-child wets the bed during first sleep, also diurnal enuresis; *Sepia* is usually suited in those girls who always wet the bed as soon as they get into the bed. In some cases no medicine will work until *Tuberculinum* 1M or *Carcinosin* 1M is given.

135. **Floating Kidney, Kidney Failure** (Displaced kidney or kidney not working) : *Aurum Muriaticum Natronatum*, 2x or 3x twice a day.

Dr. Jagtar Singh, Kota reports a case of kidney failure in *Torch of Homoeopathy* (January 1971) as follows :

"Mr. S. S., aged 55, discharged from Civil Hospital as a case of total failure of kidney function. He remained in the Hospital for about a month on account of Anasarca due to suppression of urine. In the last days of his stay despite all sorts of diuretic therapeutics and continuous use of catheter there did not appear even a singal drop of urine. The patient was discharged from the hospital in uriamic state and was advised kidney transplant, the only hope of survival. After bringing the patient home 2-3 top private practitioners of the city were called in, but every one nodded his head in the negative. Losing all hope of the patient's survival, the family decided to try Homoeopathy. I was called in and I ventured to undertake the treatment. On examining the patient, many a drug known for dropsy and anuria in our Materia Medica, *i.e.* Arsenicum Album, Apis Mel., Apocynum, Acetic Acid, Digitalis, Sabal Serrulata etc. flashed into my mind. But bag-like swelling of the lower eye-lids, Anuria with thirstlessness and patient's throwing covers off, guided me to prescribe *Apis Mel.* 2 doses of 30th potency, at an hour's

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interval were given and they performed a miracle. A few minutes after the second dose, the kidneys started functioning and the patient started making water off and on".

136. **Nephritis** (मूत्र-ग्रन्थि शोथ) : Acute—According to Dr. Boger, *Cadmium Sulph* is equal in power to *Solidago* in the backache of Nephritis. It is wonderful for quieting those kidneys down. *Cadmium Sulph* acts longer than *Solidago*.

—**Acute, interstitial** (Nephritis involving connective tissues) : Dr. Jousset says, "*Iodium*, and especially *Iodide of Sodium* have, in my hands and those of many other physicians, produced a veritable and durable amelioration, not only of the symptoms of arterio-sclerosis, but also of those of intesterstetial nephritis."

—**Chrouic interstitial** : Dr. Millard says :—"The Chloride of Gold (*Aurum Mur*) has proved of great value in chronic interstitial nephritis. Under its use I have often know the albumen to diminish and disappear. Dose from one-hundredth to one-tenth of a grain 3 times a day." F.M. Lawrence suggests *Aurum Mur* 2x in *Practical Medicine*.

—**Chronic nephritis** : Dr. Marey says, "In many cases of chronic nephritis one grain dose of *Gallic acid* repeated every 3 or 4 hours has effected prompt cure. It removes pain from sub-acute nephritis more speedily than any other remedy we have ever employed."

Terebinthina 3x in one ounce of distilled water taken every 6 hours cured a case of a boy of 15 years suffering from nephritis whose urine contained Albumen, red blood corpscles and various casts including blood casts. He was put on salt-free diet. Hematuria vanished quickly. The same prescription was repeated after one month as there was a slight set-back due to over-exertion. Thereafter he kept well and engaged in normal activity. This case has been reported from his practice by Dr. Dewan Harish Chandra in '*Indian Journal* of *Homoeopathic Medicine*' (Oct-Dec., 1976).

137. **Renal Colic** (गुर्दे का दर्द) *Polygonum Sagittatum* 3x for pains of nephritic colic. Dr. Boger's favourite is 2x.

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138. **Retention** (मूत्रावरोध, पेशाव रुक जाना) : *Aconite* 3 and *Gelsemium* 3 given alternately. Dr. Jahr says that in total retention of urine *Cannabis Sativa* 3 removes the obstruction which may be in the form of pus or mucous. Its symptom is : urine loaded with slimy mucous. Has to strain, dribbling, has to wait some time before the urine flows.

139. **Suppressed Urine** : *Stramonium* 30.

140. **Urinary Anti-Septic** : Urinary symptoms are most important in *Uva Ursi*. Give tincture 5 to 10 drops. Frequent urging with severe spasm of bladder, burning and tearing pains. Urine contains blood, pus, and much tenacious-mucous.

17. RECTUM AND STOOLS

141. **Bleeding, from anus** (गुदा से रक्त जाना) : *Sanguinaria* 30.

142. **Constipation** (कब्ज़) : Dr. Hughes recommends *Hydrastis* 2x and says that it works better than *Nux Vomica* which physicians prescribe in a routine manner. *Nux* is a sedentary patient who suffers from constipation from the nature of his sedentary habit. Even when his bowels move it is not a complete evacuation. He has to go several times. Best thing is to take two glasses of cold water as soon as one gets up in the morning. Bowels will move. *Iris versicolor* is also effective. Give 30 potency. Many physicians recommended *Aliumina* 30 daily for 3-4 days

—*Plumbum* 12 and *Opium* 12 in alternation work as a good laxative.

143. **Diarrhea** (Watery stools; दस्त) : *China* 30 or *Veratrum alb* 1st to 30. The symptoms of *China* are: undigested, frothy, painless stools, very weakening with much flatulence. Tympanic abdomen, flatulent. The symptoms of *Veratrum* are : constitpation from inactivity of rectum or Diarrhea very painful, watery, copious, forcibly evacuated followed by great prostration. The latter is worse at night.

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—**Routine treatment** : A combination of *Arsenic album* 30, *Veratrum album* 30 and *Podophyllum* 30 is an effective remedy for diarrhea.

144. Dysentery, bloody or mucus : *Kurchi* 3x + *Merc cor* 6x + *Mag Phos* 3x + *Arsenic* 3x. Mix all and take a pinch of the mixed powder which will make one dose. Take the dose after each motion. It will cure.

Mururius corrosivus 30 is a specific in dysentery when there is more blood than mucus; *Mercurius solubilus* 30 is a specific when there is more mucus than blood. *Nux Vomica* also has blood and mucus in dysentery but the patient has relief after evacuation, while the other two have newer-get-gone feeling or tenesmus.

145. Fissure, anal (Fissure is a linear ulcer at the margin of the anus; गुदा का फटना) : Dr. Nash recommends *Nitric acid* 6 or *Ratanhia* 6. In *Nitric acid*, the patient feels rectum torn after stools, with pains lasting for hours.

146. Fistula (An abnormal tube-like passage near the anus which may not communicate with the bowl; गुदा का फोड़ा, भगंदर, नासूर) : *Nitric acid* 6. This remedy selects for its special action the outlets of the body where the mucus membrance and skin meet. These pain as from splinters. For local application one should use *Calendula* lotion (one dram of lotion to 2 ounces of water). Dr. Jagtar Singh writes about his experience with regard to the curative value of *Silicea* in Fistula in ano : Inderjit, aged 38 years, was operated upon a few months back for Fistula in ano. The trouble reappeared. Consulted the surgeon and was again advised operation. The patient dreaded the knife every now and then, came to me to ask if homoeopathy could abort the operation.

I prescribed *Silicea* 200 one dose followed by *Silicea* 1M after a week. The trouble so completely disappeared tnat the patient expressed doubt about the diagnosis of the Fistula. When I told him that the diagnosis of the surgeon was quite correct, he got astonished upon the efficacy of two doses and exclaimed: 'Doctor, your sweet pills are sharper than knife.'

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Hura Braziliensis C.M. potency prescribed by Finke in fistula.

This remedy is also used when skin feels as if it were hide-bound. Tense vesicles, sensation of splinter under thumb nails. Skin of forehead feels drawn tight, itching, pimples on all projecting portions of bones, malar bones etc. which means that it is a Leprosy remedy also. (See No. 228).

147. **Hemorrhoids** (Pile; बवासीर) : *Lycopus verginicus* 30 is useful in bleeding from rectum (See No. 141. Bleeding, under this main heading: 'Rectum'). The same remedy is effective in hemorroidal flow also. Dr. B. Bhattacharya says that in piles 200 potency should be given.

—Acute : Dr. Palmer says that quick relief can be had in acute piles by applying a mixture of *glycerine* and *Echinacea*, mother tincture. (See No. 150).

148. **Hemorrhoidal Diathesis** (बवासीर की प्रवृत्ति) : *Dolichos Puriens* (*Macuna*) tincture in drop-doses can be considered as a specific against hemorroidal diathesis.

149. **Mucous Colitis** : Dr. S.J. Guzdar says, "*Irrigation with normal salt* solution is to be regarded as valuable, both during the paroxysm and in the inter-paroxysmal period. Very often a single high injection of moderately large quantity of normal salt will put an end to the attack".

150. **Piles** (See Bleeding from anus; Hemorroids. See No. 147).

151. **Purgative, Speedy** : 3 spoonfuls of *sugar of milk* in a cup of hot milk in the morning will activate the bowels in one or two hours.

152. **Stricture of Rectum** : Boericke recommends *Thiosinaminum*, 2 grains twice daily.

153. **Rectum, painful constriction** : Boericke recommends *Ignatia* for this complaint. The patient has pressure as if a sharp instrument from within is pressing outward. Use 30th potency every half an hour until relief.

—intolerable itching and burning in rectum : *Sanguinaria Nitrica* 3x.

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18. CHILDREN'S DISEASES

154. **Asphyxia** (The condition caused by non-oxygenation of blood; श्वासावरोध) : When the child is born, has no mechanical obstruction but does not breathe, goes blue, give a dose of *Laurocerasus*, and he will start breathing. Tincture or 3rd potency.

155. **Asthma in children** (बच्चों का दमा, श्वास-कष्ट) : *Natrum Sulph* 3x or 6x is a constitutional remedy for asthma in children. Recommended by Dr. Kent.

156. **Backward Children** (Mental deficiency) : *Baryta carb* 30.

157. **Collapsed Child** (बच्चे का निष्प्राण-सा हो जाना) : *Carbo vegetabilis* 30 or 200.

—**Collapse** (निष्प्राण हो जाना, नब्ज़ें छूट जाना) : Dr. Koppikkar records a case in *Homoeopathic Sandesh* (May 1973) of a woman collapsing during child-birth being saved by the *Homoeopathic Sanjivini—Carbo veg*—and its friend *China* given in alteration every 3-4 minutes who rallied in ten minutes. In collapse these two remedies may be given in 30 or 200 potencies to save life.

158. **Croup in children** (बच्चों की घुंडी या कुत्ता खांसी) : *Spongia* 30. Boenninghausen's prescription is generally used (See No. 87 under the heading 'Cough').

159. **Diarrhea, in children** (बच्चों के दस्त) : If due to dentition, give *Chamomilla* 30 in repeated doses.

—**sour smell of the diarrhea** (बच्चों के दस्तों में खट्टी बू आना) : *Rheum* 3, 6 potency, The whole child smells sour.

—**green stools** (बच्चों के हरे दस्त) : *Magnesia carbonica* 3 or 30.

—**in ricketty children** : (उन बच्चों के दस्त जिनकी अस्थियां विकृत हो जायें) : *Medorrhinum* 200, not to be repeated.

160. **Dwarfed and stunted Growth** (बच्चों की शारीरिक तथा मानसिक वृद्धि न होना) : For dwarfed and stunted growth, both physically and mentally. Give *Medorrhinum* 1M.

161. **Earache** (बच्चों का कर्ण-शूल) : *Chamomilla* 30 (See No. 37).

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162. Emissions, seminal (वीर्यपात हो जाना) : Boericke recommends *Lupulin* 1x in seminal emissions of children.

163. Intra-Cranial Hemorrhage, while being born : (It sometimes happens that when the child is born after difficulty, though it seems well, but after some days due to intra-cranial hemorrhage—hemorrhage in the head due to the internal head-injury—it limps in arm or leg or there is some difficulty in suckling. This is due to his being hurt while being born)—*Arnica* will help the absorption of the blood and induce maximum recovery of the damaged nerves. Give 1M.

164. Marasmus, in children (बच्चों का सूके का रोग) : Dr. Hale writes "For many years, I have treated those cases of marasmus which occur in children under 5 years of age with 2x and 3x of *Cod Liver Oil* and massaging of the oil on abdomen and stomach. In very young infants I rely upon massaging alone. I can recall to memory several infants who had been given over to die by eminent physicians of both schools, but who recovered in a few months under the patient and regular daily massaging of half an ounce".

165. Masturbation (Causing sexual discharge by using the hand; हस्त-मैथुन की आदत) : Boericke says that *Origanum* 3 acts on nervous system and is effective in masturbation. Its tincture can be used without the knowledge of the patient by pouring teaspoonful into the milk or tea.

—for bad effects of : *Staphysagria* 30 is the remedy. Useful in sexual sins and excesses. (See No. 198).

166. Milk, Upset by (बच्चे का दूध पीने से परेशान हो जाना, दूध पीने की अनिच्छा) : *Aethusa* 30.

167. Phosphaturia (The presence of phosphates in urine; बच्चे के पेशाब में फॉसफ़ेट आना) : *Lecithin* 12th potency or in crude form one-half to 2 grains. About *Lecithin*, Boericke writes. "Lecithin is important in vital processes of plant and animal organism. Lecithin has a favourable influence upon the nutritive condition and especially upon the

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blood, hence its use in anemia and convalescence, neurasthenia and insomnia. Increases the number of red corpuscles and amount of hemoglobin. It causes an immediate decrease in the excretion of the phosphates. Useful in mental exhaustion and impotency. Useful in general breakdown, useful for those who are tired, weak short-breath and loss of flesh".

168. **Rickets, preventive** (बालास्थि-विकृति का अवरोधक) : *Calcarea Phos* 6x given to pregnant mothers during the last months prevents rickets of the child. After the birth also its continuance to the child will build up his tissues. Some Homoeopaths recommend 30 potency.

169. **Seminal Emissions** (वीर्य-क्षय) : To control seminal emissions Jahr recommends *Acid Phos* 18. This is a rare potency but Jahr has recommended this potency only. Dr. Barchr and Charls Hempel recommended *Digitalis* 3x.

170. **Teeth, decay** (दन्त-क्षय) : When teeth decay, become yellow, give *Kreosotum*. There is very painful dentition, rapid decay, teeth dark and crumbly. Give 30 or 200 potency.

171. **Teething Troubles of Children** : Irritability, crying will be controlled by *Chamomilla* 30. If dentition is very painful, rapid decay, teeth yellow or dark, crumbly, then give *Kreosotum* 30 or 200 (See also No. 69, 75 under the heading : 'Mouth and Tongue').

19. DISEASES OF MEN

172. **Early Ejaculation** (पुरुष का शीघ्र वीर्य-पतन) : Boericke recommends *Titanium*. Lower and middle potencies. Its symptom is sexual weakness with too early ejaculation of semen in coitus.

173. **Cough of old people** (वृद्ध-व्यक्तियों की दमानुमा खांसी) : Dr. Eli G. Jones says that 15 drop-doses of *Oil of Solidago* (made by one oz of it to 8 oz of alcohol) promotes expect-

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oration in bronchitis and branchial asthma in old people and gives them relief by the removal of phlegm.

174. **Gleet** (Chronic stage of gonorrhea; सुजाक की जीर्ण अवस्था) : According to Dr. Franklin *Kali iodide* 3x is very effective.

175. **Gonorrhea** (सुजाक) : Von. Gravgl recommends *Natrum Sulph* 3x five tablets, four times a day together with a dose of *Thuja* 30 once a day. It would rapidly cure.

176. **Hydrocele** (Swollen scrotum; अंड-शोथ) : *Fluoric acid* 30. In dropsy of limb in old, people of feeble constitution this remedy will be useful.

177. **Impotence** (नपुंसकता) : For impotence of old people *Lycopodium* 1M is useful.

178. **Injury to Sexual Organs** (जननांगों को चोट) : Dr. Borger advises *Staphysagria* 30.

179. **Prostate, Hypertrophy** (प्रोस्टेट-ग्रन्थि की शोथ) : Dr. Burnett advises *Hydrangea* tincture 6 drops morning and night. It will enable the patient to void urine comfortably and completely. Also *Sabal Serrulata,* mother tincture, 10 to 30 drops. Third potency is better. Tincture be prepared from fresh berries, if possible. Clarke called it the 'Homoeopathic catheter'. *Sabal* is most important remedy in prostatic disease.

Kent says : "In old man of enlarge prostate, I do not know what I would do without *Digitalis* where there is constant teasing to pass urine. It diminishes the size of the prostate". 3rd to 30th attenuation will bring about reaction when the drug is homoeopathically indicated.

Dr. E. Harris Ruddok says in his book '*Homoeopathic Vade Mecum*' : "The earlier symptom in Prostatitis is that the patient has to rise from bed to make water, especially during the early morning hours. He notices that the urine is slow in coming, that the stream is less forcible and that urine escapes after he thinks the act is completed. To improve the muscular tone of the bladder and to train it to empty itself, the patient, after passing water in the normal way, wait a minute or two, and then try again. This should be practised as frequently as possible till only

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a very small quantity can be squeezed out (say half an ounce). When this point is reached, twice or thrice daily may suffice".

180. Sexual Sedative (काम-शामक) : *Salis Nigra*, mother tincture, has a positive, sedative action upon the male and female sexual organs allaying sexual excitement. In case of chordee (painful down-curved erection in gonorrhea) a dose on retiring and one in the morning 30 to 60 drops will help.

181. Spermatorrhea (Nocturnal emission, Night pollution; स्वप्न-दोष) : According to Dr. Bachr *Digitalis* 3x often meets with surprizing efficacy. It should be given in the early morning.

20. DISEASES OF WOMEN

182. Albumin in Urine, during Pregnancy (गर्भावस्था में पेशाब में एल-ब्यूमिन) : *Apis* 30 or *Plumbum* 30, or *Acid Phos* 30, or *Terebinthina* 1 to 6. Either of these remedies may be tried.

183. Anti-Abortive (That which prevents abortion; गर्भपात-निरोधक) : Dr. Scudder considers *Vibernum*, mother tincture, a specific as an anti-abortive. Clarke says : *Vibernum* often prevents miscarriage. Give tincture or lower potency.

184. Constipation during Pregnancy (गर्भावस्था में कब्ज की शिकायत) : If the stools are very hard give *Opium* 30 or 200, or *Alumina* 30. In ordinary cases *Nux Vomica* 30 will help.

185. Debility, in women : *Aletris Forinosa*, mother tincture, 10 to 15 drops, thrice daily. Anemic condition. The patient is tired all the time. Useful for chlorotic girls and pregnant women. Tincture to third potency may be used.

186. Delivery, easy (सहज प्रसव) : For easy and safe delivery *Kali Phos* 6x should be given for two months twice a day before delivery time. Dr. Borland Douglas writes that

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Caulophyllum 6 or 30 taken daily four months before delivery ensures safe delivery without pain. (See. No. 190)

187. **Depression, during Pregnancy** (गर्भावस्था में अवसाद या मन की म्लानता) : *Pulsatilla* 30 for fat and *Sepia* 30 for thin women.

188. **Dirrhea, during Pregnancy** (गर्भावस्था में दस्त) : *Aloe* 30 or *Podophyllum* 30 should be tried. If tenesmus not relieved by motion present (never-get-gone feeling), then *Mercurius* 30 should be tried.

189. **Dysparenia** (Painful coitus of the newly married women) : *Staphysagria* 30.

190. **Expectant Motherhood** (गर्भवती के लिए) : A pregnant woman who has been treated throughout her pregnancy with *Caulophyllum* (mother tincture or third attenuation) will approach her confinement free from physical or mental ailments. This drug has the power of regulating the processes of labour. Take *Caulopnyllum* daily four months before the birth of the child. (See No. 186)

For birth of live, healthy children *Actea racemosa* 1x given two months before delivery seems to ensure the birth of live, healthy child.

191. **Flushing in Climacteric** (रजोनिवृत्ति के काल में स्त्रियों को गर्मी की झलें आना) : *Lachesis* 200.

192. **Hematuria** (Blood in urine; मूत्र में रक्त) : Nothing equals *Thlaspi Bursa Pastoris*, mother tincture, 3 or 4 drops every four hours.

193. **Hemorrhage, after climacteric** (रजोनिवृत्ति के बाद रुधिर जाना) : Dr. Burnett says that cases of bleeding from the womb at, and about, and after the change of life that came before him, he considered them as incipient cancer and they get well, often very quickly, under the use of *Aurum Mur* 3x three drops three times a day. Chemist can make 3x pills out of the mother tincture of the drug.

—**Postpartum** (hemorrhage after the child birth; प्रसव के बाद रक्त-संचार होना) : *Cinnamonum*, mother tincture, 5 drops

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at a dose is one of the most certain remedies. Or, give 3rd potency. Its use in hemorrhage has abundant clinical verification.

194. Labor Pains (प्रसव के समय की पीड़ा) : *Kali Phos* 6x, dry on the tongue every 15 minutes excites labour pains very promptly. (See No. 186, 190).

195. Leucorrhea (प्रदर, सफ़ेद पानी आना) : For little girls *Sepia* 30 leads all other remedies. Dr. Hughes recommends *Helonias* (Chamaelirium), tincture to 6th attenuation. Its symptoms are a sensation of weakness, dragging and weight in the sacrum and pelvis, with great languor and prostration. Tired backachy females.

196. Mal Position of Foetus, Correction (भ्रूण की स्थिति ठीक कर देना) : *Pulsatilla* has the power to correct the position of the child in the womb when given during labour. Give 30th or 200 or 1M.

197. Mammary Glands (स्तन-ग्रन्थियां) : In restoring the size and secretary powers of the mammary glands *Sabal Serrulata* is of great service. 3rd potency often better.

198. Masturbation (हस्त-मैथुन) : For men *Staphysagria* and for females, Dr. Burnett suggested *Platina* 30. (See No. 165).

199. Menstrual Disorders (स्त्रियों के मासिक-धर्म के विकार) :

—**Amenorrhea** (Irregularity or suppression of menstruation; मासिक-धर्म में अनियमितता) : *Polignum Punctatum*, tincture. Aching pain in hips and loins. Sensation as if hips are being drawn together. Sensation of weight and tension within pelvis. Dr. Eberle states that he has used this remedy in about 20 cases and further says : "I can affirm that with no other remedy or mode of treatment have I been so successful as with this. I have seldom found it necessary to continue its use for more than 6 or 7 days." He used the mother tincture in teaspoonful doses three times a day.

—**Dysmenorrhea** (Too early and painful menstruation; जल्दी-जल्दी तथा दर्द से मासिक होना) : In Hughes practice we find: "I have treated nearly ninety cases with complete

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success, and the majority of these yielded to the almost magical influence of *Xanthoxylum* 1x or 1st to 6th potency.

—**Menstrual irregularities** (मासिक-धर्म के सब प्रकार के रोग) : *Jonosia Ashok*. It is made of the bark of Indian tree Ashok introduced by N.D. Ray of Calcutta. Very effective. Use tincture.

—**Menorrhagia** (Excessive menstrual flow; अत्यधिक मासिक-स्राव) : Give *Hydrastis* 1x during the excessive loss; Give 2x of this remedy during the interval of the menstrual flow. Dr. Burford says that given in this way there are few non-parturient hemorrhages that it will not immediately control. (Non-parturient hemorrhage means 'the condition of not being in labour').

—**Metrorrhagia** (Uterine hemorrhage between menstrual periods; दो मासिकों के बीच रजः स्राव) : *Hydrastis* 1x. Drs. Burford and Neathy concur in regarding *Hydrastis* 1x as the most effective hemostatic (arresting hemorrhage) remedy.

200. **Placenta, adherent** (An abnormal adhesion of the placenta to the uterine wall after child-birth; **प्लेसेन्टा का जरायु से चिपके रहना**) : For expulsion of placenta give *Viscum album* tincture or lower potencies.

201. **Pregnancy complaints** (Such as nausea, vomiting etc; **गर्भावस्था के उपद्रव, जी मचलाना, उल्टी आना आदि**) : *Symphoricarpus* 3x. This drug is highly recommended for persistent vomiting of pregnancy. It is also a specific.

202. **Presentation of the fetus** (**भ्रूण की गर्भ में स्थिति**) : *Pulsatilla* 30. It helps in rectifying the position of the Fetus at child-birth.

203. **Prolapsus Uteri** (Falling away of the uterus from its normal position after child-birth; **जरायु की स्थान-च्युति**) : *Fraxinus Americana* 10 to 15 drops of tincture, three times a day. *Lyssin* (*Hydrophobinum*) 30 has cured many cases of long standing.

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204. **Pruritus Pudendi** (Intense itching of female genital; स्त्री के जनन-प्रदेश में खुजली) : *Lapis Albus* 200.

—**intense** : *Antipyrine* 2x is useful for itching and burning of vagina, intense pruritus.

205. **Sterility** (बन्ध्यात्व) : In this complaint it is recommended that the female should take one dose of *Borax* 6x (trituration) before intercourse and one dose after half an hour of the intercourse. Intercourse should take place 3 days after menstruation. *Borax* is to be taken by the female. If the defect is in the male, then *Mercurius* 30 should be taken by the male. Mrs. Heidelberg says that *Pulsatilla, Sepia* and *Calcarea carb*—a three remedy combination works best. It has harmonic stimulating action on overies. It seems that this combination of *Pulsatilla, Sepia* and *Calcarea carb* has increased action on sexual organs of the woman.

The first patient treated in this way for sterility of two years' standing received *Pulsatilla* 4x, and since she was *Calcarea* type, she was given *Calcarea carb* 200x in addition, 5 drops twice weekly. After 3 months she became pregnant.

Mrs. Heidelberg gave two potencies of a remedy and said that it gave best results. For instance, *Pulsatilla* 3x and *Pulsatilla* 30 both four times a day work better. So is the case with other remedies.

Dr. Burnett found that pregnancy frequently occurred during the use of *Thlaspi Bursa Pastoris* by the women.

206. **Uterus, subinvolution** (Imperfect turnig in or coming to its normal size after child-birth; प्रसव के बाद गर्भाशय का सामान्य-स्थिति में न आना) : Dr. Ludlam says: "I have cured several cases with *Secale Cor.* 6 alone".

—**diplacement** : Drs. Preston and Hughes recommended *Ferrum Iodatum* as satisfactory in most cases. On sitting, one feels as if something pressed upward in the vagina.

207. **Uterine Tonic** (गर्भाशय का टॉनिक) : Sensation of weakness, dragging and weight in sacrum and pelvis with great

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languor and prostration are excellent indications of *Helonias*. Give mother tincture or the potency 6.

Sepia is one of the most important uterine remedies. It is useful in leucorrhea, prolapsus of the uterus and vagina, menses too late and scanty, vagina painful on coitus, bearing down sensation, hot flashes at menopause etc. *Sepia* is given in the evening because if given in the morning it may produce aggravation.

208. **Weakness (कमजोरी)** : For anemic, relaxed condition of female organism *Aletris Farinosa* tincture or 3rd potency is recommended by Boericke. Marked anemia, chlorotic girls and pregnant women. Tired all the time. *Aletris* is the *China* of the uterine organs. Give 5 to 10 drops, morning and evening.

21. BONES, MUSCLES AND GLANDS

209. **Bone Affection, tubercular (क्षय-रोग में अस्थि-रोग)** : *Radium Brom* 30. Dr. B. Bhattacharya says in his book '*Tridosh and Homoeopathy*' that *Anthracinum* 200 has raised up several patients suffering from bone T.B. which made them bed-ridden for a number of years. Three or four doses of this wonder medicine were enough.

210. **Caries of Vertebrae (वर्टिब्रा की अस्थि का सड़ने लगना)** : *Calcarea Phos* 6x or 30 is superior to any other drug, according to Dr. Bachr.

211. **Glandular Complaints (ग्रन्थि-दोष)** : *Conium* is the specific remedy for glandular hardness, mammary tumors or beginning of cancer. Best in higher potencies given infrequently, especially for glandular growth or hardness.

212. **Glands, malignant of the neck (ग्रीवा-ग्रन्थि-दोष)** : *Cistus*, first to 30th potency, locally use the tincture diluted as a wash to arrest fetid discharge. *Calendula* tincture can also be used for wash.

213. **Glandular Swelling (ग्रन्थि-शोथ)** : Dr. C.S. Raue recommends *Iodoform* 3x to check glandular swelling.

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214. Goitre (गिल्लड़) : *Iodum* 6x is almost specific for this complaint, writes Dr. Mills.

—**Exophthalmic** (Abnormal protrusion of eye-balls (आंखों के ढेले का उभरना) : *Lycopus virginicus*, mother tincture. 1st to 30th potency.

215. Joints, for stiff joints (जोड़ों का जुड़ जाना) : Dr. Sarabhai Kapadia of Bombay says that for frozen shoulder and other shoulder-joint pains he found *Syphilinum* best. The same for arthritis of shoulder. In the experience of the author, who had pain in left shoulder, *Calcarea Fluor* 1M always helped him.

—**Muscular Pains of Women** : *Cimicifuga* (*Macratin*), 6, 30, 200x.

22. SKIN AND NAILS

216. Abscess (फोड़ा) : *Hepar Sulph.* In early stage give low, say, 6th potency. The abscess will open and the low potency will work as a lancet. After that *Hepar Sulph* 200 or *Silicea* 200 will heal it. For recurring (बार-बार फोड़ा होना) give *Pyrogen* 200. Dr. Leonard says that in recurring abscesses *Pyrogen* is a valuable remedy.

217. Acne, as on the face (फुन्सियाँ, मुहासे) : *Kali Bromatum*, 30 has been recommended by John H. Clarke every 4 hours. Almost specific. *Sulphur Iodide* is also good for acne. (See also No. 64, 66).

218. Barber's Itch (A skin disease caused by a fungoid organism communicated by unsterilized shaving apparatus; नाई के उस्तरे से खाज) : *Sulphur iodatum* 3rd trituration is very efficacious in this itch. (See No. 227)

219. Beri-Beri (बेरी-बेरी) : P. C. Majumdar recommends *Rhus Tox* 3 as its chief remedy.

220. Boils, habitual (बार-बार फोड़े होना) : *Echinacea*, mother tincture, 1 to 10 drops.

221. Carbuncle (A boil of serious nature, generally on back, or neck or buttocks; कारबंकल, बिना मुँह का फोड़ा) : Dr.

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Hughes says : '*Tarentula cubensis* has become my first and last one in its treatment. It may be given in 6th or 30th potency. It is useful in senile ulcers. Dr. C. Hering recommends *Anthracinum* 3o. This is a Nosode and is useful in curing carbuncles and malignant ulcers.

222. **Eczema** (एग्ज़ीमा, छाजन) : It has been proved by experience that weeping eczema is cured by regular *application of urine* in a wet pad applied on the part affected. The writer once met Shri Devilal, once Chief Minister of Hariyana and the latter told him that he was suffering from weeping eczema on the leg which got perfectly cured by regular application on it of urine.

—of adults (युवकों को एग्ज़ीमा) : *Graphites* 200 or *Arsenic* 200. The symptom of *Graphites* is : Eruptions oozing out a stickly exudation, discharge glutinous, thin, and sticky like glue or honey.

—of Scrotum (अंडकोशों का एग्ज़ीमा) : *Croton tiglium*, 6th to 30th potency. Dr. G. Charette writes : "Two months ago I was travelling by train with a friend. A gentleman in the compartment had gathered from our conversation that I was a doctor. He started conversation and at first apportunity whispered into my ear that he suffered from a very nasty skin disease which caused a fearful itching of the scrotum. No specialist had been able to cure it. As soon as the train stopped I wrote out a prescrjption which contained merely the words *Croton tiglium* 6th potency, stating the quantity to be taken. Three weeks after, I received a delighted letter, telling me that a complete cure had been effected with the medicine".

Kali Mur is one of the most satisfactory remedies in the treatment of eczema capatis and moist eczema, especially when chronic and abdurate in character. Use 6x, 12x or 30x.

Eczema cured by *Calcarea carb* on constitutioual ground. A child Mangia, aged 5 years, aczema on both the lower limbs, from toes to knees came to Dr. Jagjit Singh for treatment. Took all sorts of treatment to no avail. Child's constitutional built pointed towards *Calcarea Carb*

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which the doctor gave in 200 poteucy, a single dose. Remarkable improvement was seen after a few days. Repetition of the same medicine in 200 and 1M potencies at longer intervals so completely eradicated the eruption that there existed not even a sign of it.

Graphites 200, 1M is a specific remedy for eczema oozing out gluy fluid.

223. **Erysipelas** (Inflammation of the skin and subcutaneous tissues accompanied by fever; त्वचा का शोथ, विसर्प रोग) : *Passiflora*, mother tincture, as a local application acts promptly.

—**Preventive** (विसर्प का अवरोधक) : Allen says : *Graphites* seems to have removed this tendency to recurring erysipelas. The method is : after an attack is over, take *Graphites* 30 every morning and night for a year since the attack.

224. **Gangrene** (Mortification or death of soft tissues; माँस का सड़ाव) : Dr. Fife writes : "*Echinacea*, one to ten drops, every two hours internally. Locally, a compress wet with a 20 to 50 percent solution of *Echinacca* mother tincture is best. It is found to be a curative agent and a powerful means of retarding the progress of incurable cases".

225. **Hardness of tissues** (त्वचा के तंतुओं वा कड़ा पड़ जाना) : *Alumen* 30. Useful in ulcers with indurated base. Veins become varicose and bleed. Tendency to induration, hardening of uterus etc. *Hura Braziliensis* C. M. (See No. 146).

226. **Herpes zoster** (A skin disease with patches of group of vesicles corresponding in distribution to the course of the cutaneous nerves; हर्पीज़ ज़ोस्टर, स्नायु-मार्ग पर छाले) : Dr. Bartlett says : When occurring in middle-aged persons I always give *Rhus Tox*. This medicine is, of itself, suffitient to relieve pain and itching. It shortens the duration of the eruption and prevents its sequale. In old people *Mezerium* may be tried. Use them in 30th potency.

A dermatologist was approached by a regular physician whose son had Herpes zoster which did not improve though he tried everything he knew. The dermatologist

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gave him a bottle of Homoeopathic Tablets to give to his son. The next day the father asked him if it was a narcotic as his son's pain was all gone and he was feeling fine. The doctor felt that nothiug but an opiate could work so quickly. The dermatologist had given *Ranunculus Bulbosus* 3x. This is the prime remedy for Herpes zoster.

Dr. Mohan Singh of Patiala reports a case of curing Herpes zoster with *Crotalus horridus* as reported in '*Torch of Homoeopathy*' (January 1971 issue).

227. **Itching** (See skin diseases) :

All over the body : *Antiphyrine* 2x. (It is a coal tar product).

—**Anus**, itch : *Spigelia* 3x,6

—**Barber's itch** (Sychosis, a clonic inflammation of the hair-follicles) : *Sulphur Iodatum*, 3rd trituration is best. Its symptoms are : Itching on ears, nose and urethra. Papular eruptions on face. Arms covered with itching rash. Cold-sore on lips, boils on neck. (See No. 218).

Eye-lids : Boericke says that the symptom of *Ambrosia* is smarting, burning and lachrymation of eyes.

—**Pruritus** (intense itching : भयंकर खुजली) : Instant relief by washing with a solution of *Menthol* 2 to 10 grains in one ounce of water (See No. 204, diseases of women).

—**Pruritus** (intense itching of scrotum ; अंडकोश की खुजली) : *Croton tiglium* 6 to 30th potency.

—**Urethra** (स्त्री के मूत्र-मार्ग में खुजली) : *Sulphur Iodatum*, 3rd trituration.

—**Without eruptions** (बिना दानों के त्वचा पर खुजली) : *Dolichos Puriens*, 6.

—**Itching better by warmth**, by heat of stove : Kent recommends *Tuberculinum* 1M.

—**Changes place** : While itching when one place is relieved by scratching, it immediatly appears at another part. Now it is arms, next second legs, chest etc. *Staphysagria* 200 every 15 minutes. Its symptom is 'Pruritus followed by change of site of itching.'

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228. Leprosy (कुष्ठ) One part of the mother tincture of *Secale Cor* (Ergot) to two parts of alcohol and three parts of water in a teaspoonful measure, once daily will make some very marked cures, says Dr. Durand of Central Provinces in a Brochure.

Another remedy is *Hydrocotyle*, 1st to 6th potency. Its symptoms are : Great thickening of epidermoid layer and exfoliation of skin. Circular spots with scaly edges. Hypertrophy and induration of connective tissues, cellular proliferation.

—For thickening of skin : *Hura Braziliensis* C. M. (See No. 146).

229. Pimples (फुन्सियां) : *Sulphur* 30+*Carbo Veg* 30+*Silicea* 30 —all the three mixed together making one dose.

230. Leucoderma (त्वचा पर सफ़ेद दाग़ होना) : *Arsenicum Sulphuratum Flavum*, 3x.

231. Measles (Rubeola; खसरा) : *Aconite* 3 and *Pulsatilla* 3 taken alternately for 3-4 days is a preventive. *Marbillium* 200 is also preventive. It is a Nosode. Some physicians keep the patient only on *Aconite* and use *Pulsatilla* when eruptions appear.

232. Nails, ingrowing : In pain in finger-nails with swelling of the phalanges give *Myristica Salifera*. It hastens suppuration and shortening its duration. Acts more for hastening suppuration and shortening its duration. It hastens suppuration and shortens its duration. Acts more powerfully than *Hepar* or *Silecea*. (See No. 241).

233. Skin Diseases : For small pimples, dermatitis with itching, burning, swelling, itching all over the body, burning of skin as if afire, use *Radium Bromide* 12x or 30th potency.

Skookum Chuck 3x has cured many cases of urticaria, skin affections, eczyma. With this medicine do not eat fish.

—**Intolerable itching of the normal looking skin** : *Dolichos Pruriens* (*Mucuna*) 6. This symptom alone may cure other

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complaints of the patient if itching of the skin is cured by *Dolichos*.

—**Tinia capitus** : *Kali Sulph* 6x every four hours invariably cured many cases of Dr. Davis.

234. Small pox (See Fevers No. 249).

235. Stye (अंजनहारी) : See 'Eye' No. 36 or 'Pimple' No. 229.

236. Sweat (Perspiration; पसीना) : During sleep—*Conium* 30; Sweat as soon as one awakes—*Sambucus* 30; sweats the head and wets the pillow during sleep and smells sour—*Calcarea Carb* 30; sweats the head upto the neck and wets the pillow during sleep and smells obnoxious—*Silicea* 30; feet and axillary region sweats—*Tellurium* 30.

237. Ulcers (अलसर) : Dr. J. J. Garth Wilkinson introduced a power Nosode known as *Hippozaen* which covers the symptoms of consumption, cancer, syphilis, and promises useful service to the treatment of ozena, scrofulous swellings, pyemia, rhinitis etc. Useful when an ulcer has no disposition to heal. Give 30th potency.

—**All kinds of ulcers** : Dr. S. J. Guzdar says : *Calcarea Phos* 1x five grains three times a day presents a record unsurpassed by any other remedy. (See No. 112).

—**Gastric ulcer** (पेट का फोड़ा) : *Pure olive oil* is very soothing and will give relief in many cases.

—**Open ulcers** : A combination of *Hepar Sulph* 200 and *Arsenic Album* 200 is most essential in cases of open ulcers where the suppuration and rawness is most vivid. Four doses daily are very useful, use at least for six days.

238. Urticaria (Rash; पित्ती उछल जाना) : *Apis* 1M+*Natrum Mur* 1M mixed together one dose will often replace Avil. Dr. Dy Dyee Brown tried *Chloral* in nine cases with success. He gave one quarter grain every three hours.

A lady who suffered from urticaria on waking in the morning was cured by *Bovista* 6. On skin troubles, if *Rhus Tox* does not work, *Bovista* will work,

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239. **Varicose veins** (वर्धित शिरा) : Schussler says that *Calcarea Phos* is the chief remedy in this complaint. Give 3x or 6x. It is a chronic remedy. Needs some time before manifesting its effect. Should not be repeated too frequently.

240. **Warts** (मस्से) : Boericke says that *Calcarea Calicinata* (calcined oyster shell) is a remedy for warts. Use 3rd trituration (3x), 8 grains at bed time. *Thuja* tincture should be applied locally for warts. Internally also tincture 10 drops a day or 30th potency. Dr. Wadia says : "This remedy is so well-known to lay people and even to Allopaths as a cure for warts that it is really very often misused. Some use tincture externally, and others give it in various potencies. In some cases they do not disappear because *Thuja* is not the remedy there. In one of my patients who had 200 warts in his face *Thuja* was given for 6 months by a doctor to no improvement. This case improved on *Nitric acid* and all warts disappeared. His son, a boy aged 7 also developed some warts on the face, head and hands but his remedy was *Bacillinum*. *Causticum* for warts, large, jagged, bleeding easily. Warts especially on face, on tips of fingers and nose. Give *Causticum* 30th.

241. **Whitlow** (Infection of a finger usually terminating in an abscess; अंगुली का व्रण, नाखूना) : *Myristica Sebifera* 3x. Pain in the finger nails with swelling of phalanges. The use of this remedy often does away the use of the knife. See 232.

23. FEVERS

242. **Chicken pox** (छोटी माता) : Dr. K. K. Mathur, M.D. who was incharge of infectious diseases hospital at Dehradun told the author that *Rhus Tox* 30 repeated always worked on patients under his care in the hospital when he gave this remedy to patients of chicken pox.

243. **Chill** (ठंड से बुखार) : Violent of malaria-fever. Very coldness of the whole body. Give *Camphora tincture*. Potencies are also effective.

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244. Cholera (हैजा) : When attacked *Spirit Camphor* 5 to 10 drops on sugar without water every half an hour, 4-5 doses. Repeat it after every vomiting or purging even if the interval is a minute.

Dr. Jahr says : "Not a single case of cholera occurred among those who took *Veratrum album* 30 once daily as a prophylactic even in severe epidemics.

245. Cholera infantum (Summer complaint of children; बच्चों के गर्मी के दस्त) : *Cuphea tincture* is very effective in this comlaint. It is preventive also.

246. Fever, Simple (साधारण-ज्वर) : *Camphor*, mother tincture. According to Dr. Jahr, in irregular fever *Ipecac* 30 is a cure. If the fever is from cold, then *Aconite* 30. If after getting wet, *Dulcamara* 30. If from sudden cold after being warm or exposure to coldness or rain after hot perspiration, *Rhus Tox* 30.

—In children's fever due to cold called (पसली चलना) : *Aconite* 30 and *Bryonia* 30 should be alternated.

—**Intermittent** (Malaria; मलेरिया) : Dr. Jahr used to give *Ipecac* 30 in malaria also. If the fever rises at twelve to one afternoon, during day or in mid-night *Arsenic* 200; if at 10 to 11 A. M., *Natrum Mur* 200; if at 4-5 P. M. then *Lycopodium* 200. If all the limbs and bones pain, then *Eupatorium* 30. If every day exactly at the same time, *Cedron* 30.

—**Remittent** (Typhoid; टायफ़ॉयड) : *Pyrogen* 200 is a Burnett's remedy for typhoid; if constipation dominates, then *Bryonia* 12 or 30; if watery stools dominate, then *Rhus Tox* 30 is the remedy. At the onset of the disease *Typhoidinum* 200 keeps the disease under control and it does not prolong. In puerperal fever (pertaining to child-birth) *Pyrogen* 200 is the remedy.

—**Consumptive** (क्षय-रोग में ज्वर) : Hahnemann recommends *Kali carb* 30, particularly if it sets in after pleurisy.

—**Septic fever** (रक्त-विषाक्तता से ज्वर) : *Pyrogen* 200.

—**Father Muller's Formula of Fever** (फ़ादर मुलर का ज्वर का

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फ़ार्मूला) : It is called 'A. B. C. S'; this means Aconite, Bryonia, China, Arsenic (S. for Arsenic). All 3x. Repeat shese remedies in the same order till fever subsides.

247. **Hemorrhage from Bowels in Typhoid** (टाइफ़ॉयड में आँतों से रुधिर आना) : According to Boericke, *Hydrastin Sulph* 1x.

248. **Influenza** (इन्फ्लुएन्जा) : *Gelsemium* shonld be thought of in early stages of flu. It has sneezing, frequent and violent chilliness, watery discharge from nose, aching pains in muscles, acute coryza with dull headache and fever. First to third potency most often used. After influenza is cured but a few left overs remain like cough etc. give a dose of *Ammonia carb* 200 and the cure will be complete.

249. **Small pox** (चेचक, शीतला) : Dr. J. G. Wilkinson of London writes "*Hydrastis* is the remedy which appears something like a specific of the pox on the face at the time of maturation, and was so distressing that I ordered the face to be dabbed with a cold infusion of the *Hydrastis*, a small portion being warmed for each application, the relief experienced was instantaneous as well as complete and lasting. The swelling of the face also subsided quickly and the case proceeded with more than ordinary rapidity to a happy issue. No second case occurred in the house—a point of importance which I request the readers to bear in mind."

—**Preventive** (अवरोधक) : *Vaccininum* 200 or *Variolinum* 200 twice daily on alternate days with an occasicnal dose of *Sulphur* 30, for *Variolinum* acts very well after *Sulphur*.

—**Pitted face** (चेचक के बाद चेहरे पर दाग़) : In every case, even when the disease was 40 years old, face cleans up marvellously with a few doses of *Variolinum* in highest potency. Dr. Elis Barker reports such a case in his book. '*Miracles of Health*' where *Variolinum* did such a mircale.

—**Pustules to keep off the face** (चेहरे पर चेचक के दाग़ न पड़ना) : Guzdar says : Paint the inside of the thighs with *Iodine tincture* at the outset of the disease, and all the pustules will form on the parts painted, and none on the face.

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250. Malaria (Intermttent fever) : See 'fever' under the heading 'Fevers', No. 246.

251. Mumps (Parotiditis; an acute infectious disease marked by swelling of the parotid gland—'parotid-gland' is near the ear; गलपेड़े, कर्ण-मूल-प्रदाह) : *Pilocarpus* 3x or 3 is a valuable remedy in limiting the duration of Mumps. Burnett calls it a big shot (See No. 41).

252. Phthisis (क्षय-रोग) : Boericke says in his *Materia Medica* under *Natrum Carbonica* : "*Arsynal* 1x to 3x introduced by Dr. M. A. Gautier for phthis in the second stage 4 to 6 centigrammes per day for one week followed by a week's intermission is followed by improvement, lessened fever, night-sweats and hemoptysis ceasing". Hemoptysis means spitting of blood.

253. Sepsis (Putrefaction, Decay; सड़ना, विषाक्त होना) : *Echinacea tincture*, one to ten drops, every two hours, even larger doses. Useful in septic conditions generally. Boils, Gangrene. Acts on appendix, thus has been used in appendicitis (See Abdomen), but remember, it promotes suppuration and neglected appendicitis with pus formation would probably rupture sooner under its use. It is useful in puerperal septicemia, offensive excoriating leukorrhea, septic fevers.

254. Septic Fever (विषाक्तता का ज्वर) : *Pyrogenicum* (*Pyrogen*) 200.

255. Sub-Normal Temperature (तापमान नीचे चले जाना) : *Heloderma Harridus* 30 is useful in sub-normal temperature (See Heart No. 99).

256. Tuberculosis (टी० बी०) : *Kali Iodide* 1x and *Cannabis Sativa* 1x, of each in alteration. Regarding these medicines a German physician Zoffy says that during his experience of 60 years no remedy in the entire Materia Medica has such an influence in lessening the cough, the expectoration, the sweats and hectic fever.

—When it supervenes upon Diabetes : *Kreosotum* is the best remedy in such a condition. Use 30 or 200.

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—Cough (क्षय-रोग की खांसी) : *Salvia Officinalis* controls tickling cough, especially in consumption. Dose 10 drops of tincture in a little water. Cough rises from Larynx.

257. **Typhoid** : *Pyrogenicum* 200; With constipation *Bryonia* 200; with diarrhea *Rhus Tox* 30 or 200. Dr. Hale writes : "If I were confined to one ramedy I would select *Eucalyptus*. Dose 10 to 50 drops every three hours. Mother tincture".

Typhoid Vaccine 30 has been declard covering both as a preventive and as a remedy for actual disease. Higher is better in incipient cases.

24. RHEUMATISM AND GOUT

258 **Arthritis** (Inflammation of the joints; जोड़ों की सूजन जोड़ों का दर्द) : Boericke recommends *Radium Brom.* 30. He says that it has been found effective in the treatment of rheumatism and gout. Its symptoms are : Severe aching pains all over with restlessness, better moving about. Chronic rheumatic arthritis. Describing the symptoms of arthritis covered by *Radium Brom*, Boericke further says : Severe pain in all the limbs, joints, especially knees and ankles, sharp pains in shoulders, arms, hands and fingers, legs. Arms and neck feel hard and brittle, as though they would break in the morning. Cracking in soulders, pain in toes, calves, hip-joints. Aching pains worse at night.

—Give *Rhus Tox* 30 for rheumatic pains over a large surface, at nape of neck, loins and extremities, better by motion. If a patient comes with *Rhus Tox* modality (better by movements) and improves but relapses, better try *Thuja* high or *Medorrhynum* high.

259. **Backhache** (Lumbago; कमर का दर्द) : *Aesculus*, tincture to 3rd potency. Symptoms are that the patient is worse while walking or stopping. The region of spine feels weak. According to Boericke *Variolinum* 30 is useful in intolerable and excruciating backache, aching in legs (See No. 262).

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260. Gout (गठिया) : *Urtica urens*, 10 drops of tincture twice a day. This was Burnett's favourite remedy for acute condition. This is J. Compton Burnett's favourite. He advised 5 minims of the tincture in hot water 4 hourly in an attack, and night and morning in the intervals. It has the symptom that it recurs at the same time every year. Also good for Rheumatism.

261. Loco-motor ataxia (Paralysis of extremities, difficulty in walking; पैरों का पक्षाघात, फ़ालिज) : *Angustura Vera* 30 (See also Rheumatism, No. 263).

262. Lumbago (Pain in loins—in lower part of the back; कमर का दर्द) : *Collodium Iodine tincture* and *Ammonia water*, mixed in equal parts and applied to the aching part with a brush gives an instantaneous relief in lumbago. (See Backache No. 215, 259).

263. Rheumatism : This disease is due to the deposits of uric acid in the joints and muscles. Dr. Hale recommends local application of *Ichthyol* for lameness in right shoulder and right lower extremities. The method is one part of *Ichthyol* and four parts of *Vaseline*. First, the part suffering should be bathed with hot water and then ointment rubbed. This operation should be repeated every day.

Stellaria Media 2x is a specific for sharp, shifting rheumatic pains. This remedy has rheumatoid pains in different parts of the body. Pain in shoulders and arms. Sharp pain in small of the back, over kidneys, in gluteal region extending down thigh.

As stated earlier *Urtica urens* 10 drops of mother tincture twice a day can also be considered. This is useful in uric acid and gouty diethesis. This was Dr. Burnett's pet remedy for rheumatic complaints. It is particularly useful in the pain of deltoid—a muscle of the shoulder.

264. Sciatica (शियाटिका, गृध्रसी) : *Colocynth* 30, *Rhus Tox* 30, *Ruta* 30 and *Viscum album* 1x are the main remedies for sciatica pain. According to Dr. D.N. Ray *Passiflora indica*, 5 to 10 drops every three hours is a specific. In Sciatic

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pain commences in the back and goes down the hips and thighs—*Ruta* 30. If the pain frequently commences below and ascends—*Ledum* 30.

25. MISCELLANEOUS DISEASES

265. Ailments, chronic of sendentary persons (बैठे रहने वाले लोगों की बीमारियाँ) : Slowness of all organs and faculties of men —*Alumina* 200; common ailments of general people—*Nux Vomica* 30; of women—*Salvia tincture*. The symptom of *Salvia* is enfeebled circulation, cold extremities. Tincture in 20 drop doses, in a little water. The effects manifest themselves quickly two hours after a dose, and they persist for four to six days . It is of less use in phthisis.

266. Alcoholic habit (शराब पीने की लत) : *Quercus Glandium Spiritus*, 10 drops in a teaspoonful of the distilled spirit, three to four times a day takes away craving for alcohol. *Angelica* in tincture, 5 drops, three times daily produces disgust for liquor. *Sulphuric acid* mixed with three parts of alcohol, 10 to 15 drops three times daily for several weeks has been sucessfully used to subdue the craving for liquor. Dr. Clarke and Dr. Burnett say that this causes diarrhea but it should be ignored and treatment should be continued (See No. 2).

267. Anaemia (खून की कमी) : *Ferrum aceticum* 1M or C. M. is a specific for anema or take *Ferrum Phos* 3x regularly till improvement shows itself.

—For worn out uterus : Ellis Barker mentions that *Helonias*, mother tincture, is a beautiful tonic for women with worn out uterus and hemorrhage (excessive menstrual flow). Dr. S. P. Koppikar's experience mentioned in '*Torch of Homoeopathy*' (July 1971) is : Prepare a mixture in proportion of 4 drams of *Helonias* plus 2 drams of *China*, both mother tinctures, mix them in one bottle and give one teaspoonful twice a day for six months with the result that the very next period would not be profuse and the patient would not remain anaemic.

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268. **Anaesthesia of the entire body** (Anasthesia means insensibility) : *Kali Brom* 3rd trituration. For general failure of mental powers. Remember that *Kali Brom* is unstable. Stated to be much more active if the salt is eliminated from diet.

269. **Assimilating power lacking** : *Silicea*, 30, 200, 1M.

270. **Bite of dog** (कुत्ते का काटा) : Guzder writes : Apply slaked lime-paste as thick as required. It will turn green. Then apply fresh. This also will turn green. When it remains white, then only the poison has gone.

271. **Burns and Scalds** (जल जाना या झुलस जाना) : Paint oil of pepperment on the part affected. Burning and scalding will be arrested atonce and pain also will disappear.

272. **Cancer** (कैंसर, कर्कट) : Dr. Pope of England thinks that no cancer of the breast should be removed until *Hydrastis* has been tried. Give 1x every four hours.

—After operation : Dr. George Burford says that after operation of cancer *Arsenic* 30 should be given for a long period so that it may not recur. It helps.

273. **Chronic ailments** (जीर्ण रोग) : In many chronic ailments *Kali iodide* third to twelveth potency is sometimes very effective (*Kali iodide* is mentioned as *Kali hydriodicum* in Materia Medica). The profuse, watery, acrid coryza is a guiding symptom, especially when associated with pain in frontal sinus. Stuffiness and dryness of nose without discharge.

274. **Collapse, after operation** (ऑपरेशन के बाद निर्जीव-सा हो जाना) : Dr. Kent suggests *Strontica carb* 30 (Carbonate of Strontia) for collapse or shock after operation. Boericke suggests this remedy in chronic sequelae of hemorrhages, after operation with much oozing of blood and coldness and prostration.

—Pulse failare (नब्ज़ छूट जाना) : Dr. Hale says : Inhalation of *Amyl Nitrate* refreshes the heart's action and the warmth of extremities returns. Though the patient is not restored who has sunken into cholera collapse, bnt still it will revive him alive while more radical remedies will act. By restoring the circulation it restores the power of

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absorbent system. Dose 3rd potency. Inhalation of *Amyl nitrate* gives immediate relief. For this non-homeopathic application of *Amyl nitrate* 2 to 3 minims dropped on handkerchief are required for inhalation.

275. **Death** (मृत्यु समय की बेचैनी) : Boericke says : *Arsenic album* given in the highest potency gives quiet and ease to the last moments of life. *Carbo veg* is useful in states of collapse in cholera, typhoid. The patient may be almost lifeless, but the head is not; coldness, breath cool, pulse imperceptible and quickned respiration, and must have air, must be fanned hard, must have all windows open. This is a typical stage for *Carbo veg*. *Carbo veg.* is also a remedy for persons who have never fully recovered from the effects of some previous illness.

276. **Dropsical swelling** (जल-शोथ) : Boericke says that *Kali Nitricum* is of great value in sudden dropsical swelling over the whole body. Give 30th. All forms of dropsy are benefitted by lemon juice, table spoonful every 3-4 hours.

277. **Drunken stupor** (शराबी की तन्द्रा) : *Aconite*, mother tincture, 5 drops in a teaspoonful of water, one dose is sufficient.

278. **Heels, pain in** (एड़ियों में दर्द) : *Cyclamen 30*, two doses a day has cured a number of cases. *Thuja* 30 is also useful for pain in heels. It may be given 200 or 1M.

279. **Hemoglobin, to increase** (रक्त-वृद्धि के लिए) : To increase hemoglobin or red corpseles in the blood give *Ferrum Phos* 3x.

280. **Hemorrhage** (रक्त-स्राव) : There is no better remedy in active and passive hemorrhage than *Trillium*, mother tincture. Dr. Hale and Burt believe that it excels *Sabina*, *Secale* and *Hamamelis*.

281. **Hernia** (हर्निया, आँत उतरना) : Dr. Bookenhagen says : Hernia which has slipped down into the sack will often go back of itself on the application of a hot bran poultice.

—**Early cases** : Rubbing the mother tincture of *Symphytum* once daily may often cure this complaint.

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—Feeling as if hernia will protrude especially on left side : *Sulphuric acid* 30.

282. Injury (चोट) : *Hypericum* tincture to 3rd potency if nerves are injured by like nails, needles, pins etc., in injuries where skin is broken *Hypericum* is better than *Arnica*. John H. Clarke says : *Hypericum* is to nerves what *Arnica* is to muscles and tendons. *Hypericum* is *Arnica* of the nerves. *Symphytum* : apply its tincture if injury is due to blunt instrument or blow and may be used in old chronic sores and ulcers. Regarding *Symphytum* Clarke calls it, the orthopedic specific of the herb remedies. *Ledum* 3 or 30 if injury is a punctured wound, it is used to prevent tetanus also. *Ruta* 1 to 6 for bruises and eye-strain. *Ruta* works on periosteum, injuries of eyes, cartilages etc. *Ruta* is an excellent remedy for sprains. For external use *Calendula* (गेंदा—Marigold) mother tincture. Kent says : There is nothing that will cause external injuries to heal so beutifully as the Marigold. Remember, injury always predisposes the joint to various diseases. *Bellis Perennis* tincture to 3rd potency is excellent for injuries and sprains which like those of *Arnica* are very tender to touch. Like *Arnica*, *Bellis* affects the blood vessels and like *Hypericum*, the nerves. Boger called *Bellis* 'a greater and deeper remedy than *Arnica*'. Boericke says about it: "It acts upon the muscular fibers of the blood vessels. First remedy in injuries to the deeper tissues, after major surgical work. Excellent remedy for sprains and bruises". Burnett says : "It is a princely remedy for old labourers, especially gardners", because they have to work hard physically and use their muscles all the day.

—**Spinal injury** : For spinal injuries, especially the coccyx, *Hypericum* is better than *Arnica*. Clarke sums up the action of *Hypericum* as 'Nerve-shock, Fright-shock.'

For spinal injury we have to record the experience of Dr. G. Palanivelu of Madurai. He writes in '*Torch of Homoeopathy*' (April 1971) about the curative property of *Berberis* 30 in spinal injury. He says that he had two cases of spinal injury whom he gave *Arnica* 1M followed by *Hypericum* 1M every two hours. No improve-

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ment followed. So he turned to Kent's Repertory and in the section 'Back' he found *Agaricus* and *Berberis* in bold types under the main rubric 'Pain, stiching in spine'. He selected *Berberis* and gave 30 every two hours. The patient had come on 27. 1. 67 and after the medicine given on 29. 1. 67 the patient was able to walk freely as though there was nothing wrong with him.

283. **Neuralgia** (स्नायु-शूल) : Dr. S. J. Guzdar writes : Oil of peppermint applied with hair brush on the part affected gives instant relief in superficial neuralgia. Boericke says that *Passiflora incarnata* has a quietening effect on the nervous system. 30 to 60 drops repeated several times.

284. **Nutrition** (पौष्टिकता) : (See 'Stomach'—appetite, No. 106).

285. **Obesity** (Accumulation of fat; मोटापा) : *Fucus Verseculosus*, mother tincture, 5 to 60 drops three times a day before meals in a cup of hot water. If the patient is corpulent and sweats in the forehead, wetting the pillow, then *Calcarea carb* is his constitutional remedy and it should be tried in 30, 200, 1M, 10M potencies in the series. It is generally said that the juice of one lemon with honey taken in a glass of hot water every morning reduces the fat. In obesity C. M. potency only works.

286. **Old age** (बुढ़ापा) : Dr. A. S. Hard suggested that *Thiosinamine* 2x or 3x retards old age. It is a preparation of mustard seeds (सरसों के बीज). It is a resolvent, externally and internally, for dissolving scar tissues, tumors, enlarged glands, lupus, strictures. adhesions, opacities of cornea and cataract. It should be taken 2 grains twice a day. It is useful for fibroid, arterio-sclerosis etc.

287. **Operation** (See collapse, No. 157, 274).

288. **Scorpion bite** (बिच्छू का काटा) : Guzdar writes : "Put a few drops of saturated solution of salt in each eye and the pain will vanish instantly".

289. **Smoking habit** (तम्बाकू या सिगरेट की आदत) : *Caladium* 3x or C. M. It modifies the craving for smoking.

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290. Sprain (मोच) : *Arnica* every 5 hours and application of mother tincture on the part affected. After this *Rhus Tox* 200 to complete the cure. Boger calls *Bellis Perennis* 'a greater and deeper remedy than *Arnica*'. It touches blood vessels as well as nerves. *Ruta* also is an excellent remedy for sprains (See 'Injury', No. 282).

291. Stiffness (Inflexible, unyielding, such as stiff joints, stiff neck etc; गर्दन या जोड़ का अकड़ जाना) : *Ginseng* 1x will relieve the stiffness in back or leg etc. Useful in Lumbago, Sciatica and Rheumatism. *Cicuta* 6, 12 is very useful in bending of the head or neck and spine backwards.

292. Strain, physical (शारीरिक श्रम की थकावट) : *Coca*, tincture to third attenuation, (See 'Tonics', No. 295).

293. Swelling (A morbid enlargement; शोथ) : *Myristica Sebifera* is a remedy of great antiseptic power. It acts on inflammation of skin, cellular tissue and periosteum. Its specific action is on panaritium which means phlegmonous inflammation of a finger or toe, Whitlow. Pain in the finger nails with swelling of phalanges. Hastens suppuration and does away with the use knife. Acts more powerfully often than *Hepar* or *Silicea*. Use 3x.

—**Tendency edematous** (Edema is accumulation of serum in the cellular tissues; शोथ की प्रकृति) : *Kali iodide* 30.

294. Tetanus (A disease with spasmodic and continuous contraction of muscles; पीठ की तरफ़ अकड़कर धनुषाकार हो जाना) : Dr. Guzdar recommends : Bind moistened *tobacco* under arms and pit of the stomach. It will relax the system and produce vomiting and speedy relief. Boger advises *Strychninum* 3, 30. Boericke recommends *Ledum* for punctured wound which may result in tetanus. Use 30 potency.

295. Tonics (Pick-me-ups ताकत की दवाएं, पौष्टिकता) :

i) *Cratagus* + *Arnica* + *Avena Sative* + *Alfalfa* + *Passiflora incarnata*, all mother tinctures mixed in equal quantity + *China* 3x tituration, or equal quantity of *China* 3x liquid. Mix all the six. Take 10 drops twice a day in a hot cup of water.

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ii) Or, for physical strain or fatigue : *Rhus Tox*+*Arnica*+*Ruta*, all in 30 potency in pill form or liquid form. Four pills or 5 drops make a dose.

iii) Or, *Nux Vomica* 1x and *Calcarea Hypophos* 3x. This is a pick-me-up.

iv) Or, *Mephitis* given in low potency tones up the nervous system and removes exhaustion.

v) Or, *China* 3x and *Ferrum Phos* 3x given alternately is a good tonic.

vi) Or, *Coca* tincture to third attenuation : Boericke says : It is useful in a variety of complaints incidental to mountain climbing, such as palpitation, dyspnea, anxiety and insomnia. Exhausted nervous system from physical and mental strain. Give 5-6 drops every half an hour. (5, 95).

296. **Tremors** (Involuntary trembling of the body; शरीर-कंपन) : See Loco-mother ataxia. *Spartein Sulph* 3 has been recommended as a palliative, by Dr. Hales, *Gelseimium* has lack of muscular co-ordination. First to third most often used.

297. **Tumors** : Dr. Dunham recommended *Calcarea carb*; others, *Calcerea fluor*. Any of them can be used in 200 or 1M.

—**Breast** : *Scrophularia*, a Nosode, tincture or first potency is useful for nosodities of breast.

—**Uterine** : *Aurum Muriaticum Natronatum* has more power than any other in dissolving uterine tumors (Burnett).

298. **Vertebra, caries** : ('Vertebra' is a bony substance of spinal coloum; 'caries' means inflammation of bone) : Dr. Boehr claims that *Calcarea Phos* is the best remedy for the caries of vertebra. Give 6x, repeated doses higher potencies often more effective. *Calcerea Fluor* 3x may be added with *Calcarea Phos* 3x.

299. **Worms** (कृमि) : Boericke says that according to Zophy's 60 yeors' experience all kinds of worms, including tapeworms and trichinosis will be removed by *Cuprum oxydatum nigrum* 1x. *Chelone* tincture 1 to 5 drops is an enemy to every kind of worm infesting human body.

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26. INDEX OF DISEASES

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27. BIOCHEMIC SPECIFICS

RELATION OF HOMOEOPATHY WITH BIOCHEMISTRY

Homoeopathy was discovered by Dr. Samuel Hahneman and Biochemistry by Dr. Schussler. Both were Germans. The principle of Homoeopathy is : 'Like cures Like', but the principle of Biochemistry is that when the system is deficient, not in quantity but in the molecular arrangement of some salt, it is cured if that salt is supplied in its infinitessimal and molecular form. Though Homoeopaths make use of the Biochemic salts, which are called Tissue Remedies, yet their principles are different. Homoeopathy is not a deficiency system; Biochemistry is called a deficiency system, deficiency not in the quantity of the salt, but in the molecular arrangement of the Tissue Salts in the system. Drs. William Boericke and Willis A. Dewey explain the theory of Schussler's Biochemic system as follows in their *Twelve Tissue Remedies.*

'The idea upon which Biochemic Therapeutics is based is the Physiological fact that both the structure and vitality of the organs of the body are dependent upon certain necessary quantities and proper proportion of its organic constituents. These remain after combustion of the tissues and form the ashes.'

'The inorganic constituents are, in a very real sense, the material base of the organs and tissues of the body, and are absolutely essntial to their integrity of structure and function. According to Schussler's theory, any disturbance in the molecular motion of these cell-salts in the living tissue, caused by a deficiency in required amount, constitutes disease.'

We must understand that deficiency does not mean deficiency in quantity. For instance, deficiency in *Natrum Mur* (which means common salt) does not mean lack of ordinary salt in the system; It only means a lack of continuity in the arrangement of the existing malecules of the common salt in

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the system. The common salt in such a case is not given in its crude form, but in a molecular form, such as 3x, 6x or 12x. Given in molecular and minimal dose it corrects the arrangement and equillibrium of the molecular salt in the tissues of the system, disequillibrium of which was causing the disease. Thus the molecular dose of *Natrum Mur* will cause the existing salt in the system to perform lts function properly. Since the deficiency is a molecular one, not one of quantity as all of us eat a good deal of salt in our food, hence the supply also has to be molecular one.

Schussler himself claimed that Biochemic treatment is not in any way related to Homoeopathy, he claimed it to be a separate system of therapeutics, but as Homoeopaths all over the world use it, hence we would like to include its specifics in this book. The main similarity between these two systems is their using infinitessimal dose.

POTENCY, DOSE, AND METHOD OF ADMINISTRATION OF DR. SCHUSSLER

Schussler adopted the 6th decimal preparation as the one, which at present, is most generally used by most practitioners and chemists. He says : In my practice I employ the 6th decimal trituration generally. As trgards *Ferrum Phos, Silicea* and *Calcarea Fluor*, I give them in 12th trituration. In acute diseases a dose consisting of a powder, size of a pea, should be given every hour or two; in chronic diseases 3 or 4 times daily. The powder may be given dry on the tongue, or dissoved in a spoonful of water.

Dewey says : 'We ourselves have had most satisfactory results from 6th decimal trituration, rarely giving higher, at times lower, and generally we prefer to give the selected remedy, in solution by dissolving a good sized powder in a tumbler, half full of water, and administering teaspoonful doses every hour or two.'

'These triturations may be moulded into tablets, usually of one grain each; the dose being two or three grains, taken dry on the tongue or dissolved in water.'

Generally, one ounce phials, sold by Homoeopathic

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Chemists contain tablets of one grain each, which means the size of a pea. For a dose one grain or five grains does not make a difference. Both are equally effective. You may take five grains. It is not the quantity, but the quality that matters. Increase of quantity is only psychological.

'If liquid solutions are used, a few drops may be dissolved in water, or pellets, or discs which, after being saturated, may be given as doses.'

'In acute cases, a dose every hour or two, in severe painful affections, a dose every 10 to 15 minutes; in chrnic affections one to four doses daily'.

Some physicians use 3x potency for all Tissue Remedies except two—*Ferrum Phos* and *Silicea* of which they use 12x Potency. Besides these two, Schussler used 12x for *Calcarea Fluor* also.

NUMBER OF BIOCHEMIC TISSUE REMEDIES

Schussler's 12 Tissue Remedies are generally given in 3x, 6x, 12x, 30x, 200x potencies. They are as follows :

1.	Ferrum Phos.	3x, 6x, 12x, 30x, 200x.
2.	Calcarea Phos.	3x, 6x, 12x, 30x, 200x.
3.	Calcarea Fluor.	3x, 6x, 12x, 30x, 200x.
4.	Calcarea Sulph.	3x, 6x, 12x, 30x, 200x.
5.	Magnesia Phos.	3x, 6x, 12x, 30x, 200x.
6.	Kali Mur.	3x, 6x, 12x, 30x, 200x.
7.	Kali Phos.	3x, 6x, 12x, 30x, 200x.
8.	Kali Sulph.	3x, 6x, 12x, 30x, 200x.
9.	Natrum Mur.	3x, 6x, 12x, 30x, 200x.
10.	Natrum Phos.	3x, 6x, 12x, 30x, 200x.
11.	Natrum Sulph.	3x, 6x, 12x, 30x, 200x.
12.	Silicea.	3x, 6x, 12x, 30x, 200x.

The rule is that the treatment should start with 3x one. If it works alright, then stick to it. If you think that the remedy covers the symptoms but the potency does not work, then you can go to 6x or to 12x and so on. Many physicians have confined themselves to 3x only; others have treated the patients with 6x. Please remember that Schussler used 6x excepting *Forrum Phos, Silicea* and *Calcarea Fluor* which he used in 12x.

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DISEASES FOR WHICH THE TISSUE REMEDIES ARE USED

1. **Ferrum Phos** : When *Ferrum Phos* is deficient in the system, it is the cause of all inflammatory conditions, colds, coughs etc. It is the chief remedy for all febrile disturbances and inflammations. It is given at the commencement of all inflammatory conditions and before exudation sets in. It is the remedy of the first stage of inflammation. It colours the blood, hence in anemia it is an excellent tonic. As such, it is useful in the following diseases :

FEVERS
INFLAMMATIONS
CONGESTIONS
EARLY STAGES OF ACUTE DISEASES
HEMORRHAGES, EPISTAXIS
BLEEDINGS
INCONTINENCE OF URINE

2. **Calcarea Phos** : This remedy has a special chemical affinity with Albumen and is reqnired wherever albuminous substances are found in secretions. Hence, it becomes the first remedy in anemia. It builds up the teeth and bone structure proper, whereas *Calcarea Fluor* is the constituent of the enamel of the teeth and the covering of the bones. Hence, it is the remedy for all bone diseases, bone deficiencies and is useful in dentition of children. It is found in the gastric juice and helps assimilation and digestion. It is frequently given in alteration with *Mag Phos.* In convalescence after acute diseases, it is given as a tonic for building new corpuscles. Hence, it is useful in the following diseases :

DEFICIENT BONE STRUCTURE IN CHILDREN
RACHITIS
CONVALESCENCE
OLD AGE TONIC
ANEMIA
ALBUMINURIA
CHRONIC DISEASES WITH LOSS OF WEIGHT
BITTER TASTE IN THE MORNING
SUMMER COMPLAINTS OF CHILDREN

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DIARRHEA ETC.
PROFUSE NIGHT SWEATS, PTHISIS
PAIN IN SHIN BONE
LACK OF ASSIMILATION
ADENOIDS

3. **Calcarea Fluor** : This salt with Albumen makes the elastic fibre. Deficiency of elastic fibre causes relaxation of tissue, thus giving rise to dilatation of blood vessels, resulting in Hemorroids, enlarged Varicose Veins, hardended glands etc. Hardness anywhere is its chief characteristic indication. It restores the enamel of the teeth. Hence, it is useful in the following diseases :

VARICOSE VEINS
HEMORRHOIDS (PILES)
HARDNESS OF GLANDS
PROSTATE
TONSILS
GOUTY ENLARGEMENTS
UTERINE HEMORRHAGE
CATARACT
EROSION OF THE ENAMEL OF THEETH

4. **Calcarea Sulph** : This is indicated in the third stage of all suppurative processes, including catarrhs, boils, carbuncles, ulcers etc. *Silicea* hastens the suppurative process, and *Calcarea Sulph* closes up the process. Its true indication is a thick, heavy, yellow pus, sometimes mixed or streaked with blood. Hence, it is useful in the following diseases :

SUPPURATIVE DISEASES
ULCERS
BOILS
QUINSY
SKIN DISEASES
CHRONIC CATARRHS

5. **Magnesia Phos** : If this salt is deficient in the fibre, the fibre contracts. This cantraction of the tissue produces spasm, cramp, convulsions. This contraction also brings pressure on the sensory nerves and it gives rise to sharp, shooting, darting, neuralgic pains in any part of the body. A supply of *Magnesia phos* relieves contraction and, therefore, cures all

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sorts of pains, colics, spasms and convulsions. It is also given in T.B. Hence, it is useful in the following diseasee :

NEURALGIC PAINS
HEADACHES
COLICS
DYSMENORRHEA
SPASMODIC COUGHS
SPASMS AND CONVULSIONS

6. **Kali Mur :** When this salt is dificient, it releases albumen causing a discharge or exudation of a thick, white, sticky matter from the mucous membranes of the nose, throat, anus, intestines etc. This salt is useful in the second stage of inflammation in which such discharge takes place. *Ferrum Phos* is given in the first stage, and *Kali Mur* in the second stage of inflammation of coughs, boils and diarrhea etc. Hence, it is useful in the following diseases :

CATARRHAL DISEASES
BRONCHITIS
CROUP
RHINITIS
SORE THROAT
GLANDULAR SWELLINGS
DIARRHEA

7. **Kali Phos** : This is a nerve and brain remedy. Whenever a disease is due to nerve degenration, think of *Kali Phos.* Loss of mental vigor, poor memory, prostration, depression, nervousness, neurasthenia, brain-fag, vertigo, sleeplessness are its indications.

Offensiveness and decay are also covered by *Kali Phos.* Hence, it is a remedy for offensive breath, foul smell, foul diarrhea, foul dysentery and foul ulcers. It is, therefore, useful for the following diseases :

NERVOUS DISORDERS
NEURALGIAS, NEURITIS
HYSTERIA
NEURASTHENIA
INSOMNIA
HEMORRHAGES
PUTRID, FOUL SMELL

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8. **Kali Sulph** : This salt is useful in the third stage of inflammation when the secretions are light-yellow or greenish; *Ferrum Phos* in the first stage; *Kali Mur* in the second stage; *Kali Sulph* in the third stage.

It is a carrier of Oxygen, hence it promotes perspiration, opens the pores of the skin and throws the blood to the surface. When *Ferrum Phos* does not relieve fever, and it runs many days, give *Kali Sulph*.

Kali Sulph gives vitality to the epithelial tissues and is a constituent of the scalp. It is, therefore, a remedy for dandruff and yellow scales. Hence, it is useful for the following diseases :

ADVANCED STAGES OF CATARRHAL DISORDERS
SKIN DISEASES, DANDRUFF
BRONCHITIS
WHOOPING COUGH
TYPHOID
RHEUMATISM

9. **Natrum Mur** : This salt distributes water, in proportion, throughout the organism. When this salt is not properly distributed, there is disturbance of water in the human organism. Excessive dryness in some parts and copious fluid in other parts, as in running coryza. This is due to unequalization of water in the system. Watery blisters, watery coryza, watery diarrhea, discharge of tears, watery leucorrhea call for *Natrum Mur*. Hence, it is useful for the following diseases :

DIABETES
CORYZA
RHINITIS
ASTHMA
INDIGESTION WITH WATERY VOMITING

10. **Natrum Phos** : This is a remedy for excess of acid in the system. It relieves sour belching and rising of sour fluids in the throat. Sour vomiting, sour smelling diarrhea, colic, spasm and fever when due to acid condition of the stomach; useful in all gastric derangements when acidity is present; useful in intestinal long and pin worms due to acidity. Hence, it is useful in the following diseases :

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INDIGESTION
DIARRHEA
FEVERS WITH ACIDITY
RHEUMATISM
LUMBAGO

11. **Natrum Sulph** : This salt removes the excess of water from the system—each molecule of it has the power to take up and carry out of the system two molecules of water. It regulates the quantity of water in the liivng organism. Think of *Natrum Sulph* when the un-wanted water, instead of getting out, stays in the body. Living in low, marshy places, damp houses, eating water plants, fish etc. produce water diseases which require *Natrum Sulph* to set them right. As Malaria and other intermittent fevers originate in dampness, they are cured by this remedy.

It also works with bile and keeps it normal. It is, therefore, useful in bile complaints, such as, jaundice, biliousness, excess of bile, bitter taste, greenish diarrhea, vomiting of bile, bilious head-aches, vomiting in pregnancy and watery yellowish secretions on the skin and yellowish skin. Hence, it is useful in the following diseases.

DIABETES
LIVER DISORDERS WITH BILIOUS SYMPTOMS
MALARIA
JAUNDICE
CHOLERA MORBUS

12. **Silicea** : This remedy promotes the discharge of pus. It is useful in boils and ulcers if deep-seated and discharging pus; in nasal catarrh with fetid, offensive discharge; thick, yellow and heavy discharge from any place, in tonsillitis after pus has begun to form. Hence, it is useful in the following diseases :

CHRONIC SUPPURATING TROUBLES
BOILS
TONSILLITIS
CHRONIC CATARRH AND RESPIRATORY DISEASES

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BASIS OF THE FORMULAS OR MIXTURES OF TWELVE TISSUE REMEDIES

We have given the salient features of each Tissue Remedy which are the basis of Biochemic Treatment. Out of these characteristic features one or two prominent ones stand out as most important. This important feature of the salt is a guide for its administration and should be picked up for the formulation of the formula of the mixture. For instance, the following are the important guiding symptoms of each of the salts :

1. FERRUM PHOS.....IMFLAMMATIGN IN ANY PART OF THE BODY
2. CALCAREA PHOS.....DEFICIENCY IN BONE STRUCTURE AND LACK OF ASSIMILATION
3. CALCAREA FLUOR.....DEFICIENCY IN TISSUE, HARDNESS ANYWHERE
4. CALCAREA SULPH.....SUPPURATION AND PUS FORMATION
5. MAGNESIA PHOS.....PAINS AND COLICS
6. KALI MUR.....CATARRHAL TROUBLES ANYWHERE IN THE SYSTEM
7. KALI PHOS.....NERVOUS TROUBLES OF ANY NATURE
8. KALI SULPH.....CHRONIC CATARRHAL TROUBLES
9. NATRUM MUR.....UNEQUAL DISTRIBUTION OF WATER IN THE SYSTEM
10. NATRUM PHOS.....EXCESS OF ACIDITY IN THE SYSTEM
11. NATRUM SULPH.....EXCESS OF WATER IN THE SYSTEM
12. SILICEA.....CHRONIC CATARRAL TROUBLES

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NOTE : Dr. Clarke says that in later years, the inventor of Biochemistry Dr. Schussler had removed *Kali Sulph* out of his 12 Tissue Remedies as its function was performed by *Silicea* or *Pulsatilla* of Homoeopathy as their pus symptoms are practically the same.

Keeping the characteristic feature of the salt in mind, one can prescribe it in a disease to which this characteristc symptom corresponds, either singly or in combination. If the symptoms of the disease correspond to the characteristic feature of one salt only, then that one salt may be prescribed but usually it does not happen so. Diseases are complex manifestations and they call forth the symptoms of several salts. In Homoeopathy such mixing of drugs is not permitted though some physicians have started doing so despite Hahnemann disallowing it, but in Biochemistry this is permitted as basically it is a deficiency system.

HOW TO MAKE A MIXTURE, AND TO MAKE A DOSE

An intelligent physician makes his own formula or a mixure by studying the symptoms of the disease as well as the characteristic features of the various salts as given above. Suppose the symptoms of the disease are : Pain in the back (*Mag Phos*), Nervousness (*Kali Phos*), Sore throat (*Kali Mur*) and some Skin trouble (*Calcarea Sulph*). What Formula for the mixture will you make ? Naturally, the formula for such a trouble will be as follows as the trouble mentioned are covered by the remedies indicated in the brackets :

MAG PHOS 3X
KALI PHOS 3X
KAI MUR 3X
CALCAREA SULPH 3X

Then, the next question will be : How to make a dose? The answer is : Take one grain powder or tablet of each one of these remedies. Place them on a clean sheet of paper. Powder them and mix them with a plastic or glass rod. This will make a dose. If you want to make several doses of it,

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then without any additional tablets, with this powder or with these tablets alone you can make. For doing this, add some un-medicated powder of sugar of milk which yon can have from the chemist to this mixture, and the whole thing will be medicated and you will be able to make as many doses as you like. A pinch of this mixture will make a dose. So, from 4 tablets, one of each of these remedies, you can make several doses, for by mixing throughly with the medicated, the un-medicated also becomes medicated, and as effective as the other one. Or, instead of pounding these tablets or taking them in powder form, you can put them in a cup of hot water so that they may be dissolved in it and get thoroughly mixed. Of this water one tea-spoonful will make a dose, and such doses can be taken from the same cup three or four times a day. Each spoonful will make a dose. This means that 4 medicated tablets or 4 grains of mixed powder mixed with un-medicated milk of sugar or dissoved in hot water can serve you not only as one dose, but several doses. It is so very economical.

BIOCHEMIC FORMULAS OR MIXTURES FOR SOME DISEASES

As we have said, for an intelligent physician it should not be difficult to make out oneself a prescription or a mixture of the Tissue Remedies if he keeps in view the characteristic features of the salts outlined above. Some physicians have made out such mixtures which they call their own formulas or their specifics. One should not be deluded by such claims. One has to use one's intelligence in throughly grasping the characteristic features of salts (Tissue Remedies). These salts are also not many. They are only twelve, and if *Kali Sulph* is eliminated as suggested by Dr. Clarke their number is reduced to eleven. Each has one or two special features. To make a prescription, these special features only have to be kept in view, and one can make specifics of one's own.

We are giving hereunder some of the Formulas or Specifics of Biochemic Treatment in an alphabetical order of the diseases, so that they may be availed of as ready-made specifics in time of emergency. These Formulas or Specifics

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were passed on to us before partition days on 21 9-1940 by a well-known Homoeopath of Lucknow who used them during his practice of 20 years and found them very effective.

BIOCHEMIC SPECIFICS

NOTE : While preparing the prescription of the specifics mentioned here all Tissues Remedies of the Formula should be of equal weight. After the bulk of the prescription is made, the dose should be of one grain to five grains. The quantity of the dose does not matter, it is only the quality which matters because in Homoeopathic as well as in Biochemic treatment we deal with infinitessimal quantity which is in the nature of force, of energy. Give the mixture dry on the tongue in a powder form or in a cup of hot water one spoonful every two or three hours. For children half the dose will suffice.

1. **Anemic Condition**
   Calcarea Phos 3x
   Ferrum Phos 3x
   Natrum Mur 12x
   Silicea 30x

2. **Asthma**
   Kali Phos 3x
   Mag Phos 6x
   Natrum Mur 12x
   Natrum Sulph 3x
   OR
   Calcarea Sulph 3x
   Ferrum Phos 12x

3. **Back** (Hunch)
   Calcarea Phos 3x
   Natrum Phos 6x
   Silicea 12x

4. **Biliousness**
   Kali Mur 3x
   Natrum Sulph 3x

5. **Blood Pressure**
   (Low)
   Calcarea Phos 3x
   Kali Phos 3x
   Natrum Mur 3x
   Blood Pressure
   (High)
   Homoeopathic : Glonoin 30
   OR
   Zincum Met. 30

6. **Cataract**
   Calcarea Fluor 12x
   Kali Mur 12x
   Natrum Sulph 12x
   Silicea 12x

NOTE FOR No. 6 : The prescription should be used regularly for 4 months. One can use only *Calcarea Fluor* 200x daily. It will help.

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7. **Cholera**
   Ferrum Phos 6x
   Natrum Sulph 6x
   Mag Phos 6x
   Natrum Mur 30x
8. **Cold**
   Kali Mur 6x
   Kali Phos 6x
   Kali Sulph 6x
   Natrum Sulph 6x
   Natrum Mur 6x
9. **Constipation**
   Calcarea Fluor 12x
   Kali Mur 3x
   Natrum Mur 12x
   Silicea 12x

OR

NOTE FOR No. 9 : Dissolve *Kali Mur* 3x, 5-6 tablets in 4 ounces of water and take tea-spoonful of it every 10-15 minutes.

10. **Coryza**
    Ferrum Phos 6x
    Kali Mur 3x
    Natrum Mur 6x
    Kali Phos 3x
11. **Cough** (Ordinary)
    Ferrum Phos 6x
    Kali Mur 3x
    Mag Phos 6x
    Or
    Kali Mur 6x
    Natrum Mur 6x
    Natrum Sulph 3x
    Kali Phos 3x
12. **Cough** (Whooping)
    Mag Phos 6x
    Natrum Mur 6x
13. **Cramps**
    Mag Phos 3x
    Natrum Sulph 6x
    Natrum Phos 3x
14. **Delivery** (Safe)
    Calcarea Fluor 3x
    Kali Phos 3x
    Calcarea Phos 3x
    Mag Phos 3x
15. **Dentition** (Delayed)
    Ferrum Phos 6x
    Calcarea Phos 3x
    Mag Phos 3x
16. **Diarrhea**
    Ferrum Phos 6x
    Calcarea Phos 3x
    Kali Phos 3x
    Natrum Phos 3x
    Natrum Sulph 6x
17. **Diphtheria**
    Calcarea Phos 6x
    Kali Phos 6x
    Natrum Mur 6
    Kali Mur 3x
    Ferrum Phos 3x
18. **Dreams in Sleep**
    Ferrum Phos 12x
    Kali Phos 6x
    Natrum Phos 3x
19. **Dropsy**
    Kali Mur 3x
    Natrum Mur 6x
    Natrum Sulph 12x
    Kali Phos 6x

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20. Dysentery
Ferrum Phos 6x
Kali Mur 6x
Kali Phos 3x
Mag Phos 6x

21. Dyspepsia
Ferrum Phos 6x
Kali Mur 3x
Kali Sulph 6x
Calcarea Phos 3x
Natrum Phos 3x

22. Eczema
Kali Mur 6x
Kali Sulph 6x
Natrum Mur 6x
Calcarea Sulph 6x
Natrum Sulph 6x

23. Fever
Ferrum Phos 12x
Kali Mur 3x
Natrum Mur 12x
Natrum Sulph 3x

24. Flatulence
Calcarea Phos 3x
Kali Phos 3x
Kali Sulph 3x
Mag Phos 3x
Natrum Mur 3x
Natrum Phos 3x
Natrum Sulph 3x
Silicea 12x

25. Gonorrhea (Acute)
Ferrum Phos 3x
Natrum Phos 3x
Kali Phos 3x

26. Gonorrhea (Chronic)
Natrum Phos 6x
Natrum Sulph 6x
Natrum Mur 12x
Kali Sulph 6x
Silicea 12x

27. Gum Swollen
Ferrum Phos 6x
Calcarea Sulph 3x
Kali Mur 6x

28. Headaches
Ferrum Phos 6x
Calcarea Phos 6x
Kali Phos 6x
Mag Phos 6x

29. Heart or Heart Failure (Palpitation)
Kali Phos 6x
Mag Phos 6x
Natrum Mur 12x
OR
Calcarea Phos 3x
Kali Phos 3x
Natrum Mur 3x

30. Infantile Diarrhea
Ferrum Phos 3x
Kali Phos 6x

31. Kidney Troubles
Ferrum Phos 6x
Natrum Mur 6x
Kali Sulph 6x

32. Leucorrhea
Calcarea Phos 3x
Kali Mur 6x
Kali Phos 6x
Natrum Mur 12x
Silicea 12x

33. Liver Complaints
Kali Mur 3x
Ferrum Phos 6x
Natrum Phos 3x
Natrum Sulph 3x
(For Jaundice)
Ferrum Phos 12x
Kali Mur 3x
Natrum Mur 3x
Natrum Sulph 3x

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NOTE FOR No. 33 : Take one Tola of Sajji Khar (white), Powder it and mix it with juice of 2 lemons and drink it. Cure will be effected within a week.

34. Menses (Profuse)
Natrum Mur 6x
Kali Phos 6x
Natrum Sulph 3x
Calcarea Fluor 12x
Or
Calcarea Phos 3x
Ferrum Phos 12x
Kali Mur 3x
Natrum Sulph 3x

35. Menses (Scanty or Poor)
Kali Phos 6x
Mag Phos 6x
Natrum Phos 3x
Natrum Mur 3x

36. Malaria (Intermittent Fever)
Natrum Mur 12x
Ferrum Phos 6x
Natrum Sulph 3x

37. Neuralgic pain
Mag Phos 3x
Ferrum Phos 6x
Kali Phos 3x

38. Pneumonia
Ferrum Phos 6x
Kali Mur 6x
Natrum Mur 12x
Kali Phos 3x

39. Piles (Hemorroids)
Calcarea Fluor 12x
Natrum Mur 12x

40. Rheumatism
Ferrum Phos 6x
Kali Mur 6x
Natrum Phos 3x
Natrum Sulph 6x
Mag Phos 6x

41. Rickets
Calcarea Phos 3x
Ferrum Phos 3x
Silicea 12x
Natrum Mur 12x

42. Scrofula (T.B.)
Mag Phos 6x
Calcarea Fluor 12x
Calcarea Phos 3x
Calcarea Sulph 3x
Natrum Phos 6x

43. Sleeplessness
Ferrum Phos 6x
Kali Phos 6x
Natrum Mur 12x

44. Throat
Ferrum Phos 6x
Kali Mur 6x
Calcarea Phos 6x

45. Tonsillitis
Calcarea Fluor 3x
Calcarea Phos 3x
Ferrum Phos 12x
Kali Mur 3x
Mag Phos 3x
Natrum Mur 3x
Or
Calcarea Sulph 3x
Kali Sulph 3x
Silicea 12x

46. Tonic (Nervous)
Calcarea Phos 3x
Mag Phos 3x
Kali Phos 3x

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Ferrum Phos 3x
Natrum Phos 3x

47. Toothache

Mag Phos 3x
Calcarea Fluor 6x
Ferrum Phos 6x
Calcarea Sulph 3x

48. Typhoid Fever

Kali Phos 6x
Ferrum Phos 6x
Natrum Mur 12x
Kali Mur 3x
Natrum Sulph 3x

49. Worms

Natrum Phos 3x
Calcarea Fluor 12x

50. Wounds

Silicea 12x
Calcarea Phos 6x
Calcarea Sulph 6x

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28. IMPORTANT HOMOEOPATHIC REMEDIES

For the beginner the undermentioned remedies are more than sufficient to cover most of the cases. One should master these with the help of a Materia Medica. Gradually, he will become familiar with other remedies also. A box with 160 holes containing phials of one dram pillules is all that is required to begin with. Tinctures are required in an ounce or so and they are administered in drops—10, 20 etc., pills are given 4 or 5 a dose. For repetition, read Introduction.

1. Aconite, 6, 30, 200.
2. Aesculus, 3.
3. Aethusa, 3, 30.
4. Agnus Cactus, 6.
5. Allium Cepa, 3.
6. Aloe, 6, 30.
7. Alumina, 30, 200.
8. Ammonia Carb, 6, 30.
9. Anacardium, 30,200.
10. Antimonium Crudum, 3, 6.
11. Antimonium Tart, 6.
12. Apis Mellifica, 30.
13. Argentum Metallicum, 6x.
14. Argentum Nitricum, 30.
15. Arnica, 200, 1M.
16. Arsenicum, 30, 200.
17. Arsenicum, iodatum, 3x.
18. Asafoetida, 2, 6.
19. Aurum Metallicum, 30.
20. Aurum Muriaticum Nat, 3x.
21. Avena Sativa (Tincture).
22. Bacillinum, 30, 200.
23. Baptisia, 12.
24. Baryta Carb, 30.
25. Belladonna, 30, 200.
26. Bellis Perennis, 3.
27. Berberis Vulgaris, 6.
28. Borax, 3x.
29. Bryonia, 12, 30.
30. Calcarea Carb, 30, 200.
31. Calcarea Phos, 30, 200.
32. Calendula (Tincture).
33. Camphora (Tincture).
34. Cantharis, 1x, 30.
35. Carbo Vegetabilis, 30, 200.
36. Caulophyllum, 3.
37. Causticum, 30.
38. Chamomilla, 30.
39. Chelidonium (Tincture).
40. Cicuta, 200.
41. Cimicifuga Racemosa, 3.
42. Cina, 3.
43. Cinchona (China), 30.
44. Cocculus, 30.
45. Coffea Cruda, 200.
46. Colchicum, 30.
47. Colocynthis, 30.
48. Conium, 200.
49. Crataegus (Tincture).
50. Cuprum Metallicum, 30.
51. Drosera, 12.
52. Dulcamara, 30.
53. Echinacea (Tincture).
54. Eupatorium Perf., 3.
55. Euphrasia, 6, 30.
56. Fucus Versiculosus (Tincture) or 1M.
57. Gelsemium, 1, 3, 30.
58. Glonoine, 30.
59. Graphites, 30.
60. Hamamelis, 6.
61. Helleborus, 3.
62. Hepar Sulphuris, 3, 200.
63. Hydrastis, 30.

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64. Hypericum, 30.
65. Ignatia, 6, 200.
66. Ipecacuana, 200.
67. Kali Bichromicum, 30.
68. Kali Carbonicum, 30.
69. Kali Muriaticum, 12, 30.
70. Kali Phosphoricum, 200, 1M.
71. Kali Sulphuricum, 12, 30.
72. Lachesis, 200.
73. Ledum, 30.
74. Lycopodium, 30, 200, 1M.
75. Magnesia Carbonica, 30.
76. Magnesia Phosphorica, 200, 1M.
77. Medorrhinum, 10M.
78. Melilotus (Tincture).
79. Mercurius, 30.
80. Mercurius Corrosivus 6, 30.
81. Millefolium, 3.
82. Moschus, 1, 3.
83. Natrum Muriaticum, 30,
84. Natrum Phosphoricum, 3, 12.
85. Natrum Sulphuricum, 12.
86. Nux Moschata, 6.
87. Nux Vomica, 30, 200.
88. Opium, 200.
89. Passiflora Incarnata (Tincture).
90. Phosphoricum Acidum, 1st, (potency).
91. Phosphorus, 30, 200.
92. Phytolacca, 3.
93. Plantago (Tincture).
94. Plumbum Metallicum, 30.
95. Podophyllum, 200, 1M.
96. Psorinum, 200.
97. Pulsatilla, 30, 200.
98. Pyrogenium, 200.
99. Rheum, 6.
100. Rhus Toxicodendron, 200, 1M.
101. Ruta, 6.
102. Sabal Serrulata, 3 or (Tincture).
103. Sabina 30.
104. Sambucus, 6.
105. Sanguinaria, 6.
106. Sarsaparilla, 6.
107. Secale Cornutum 30.
108. Selenium, 30.
109. Sepia, 30, 200.
110. Silicea, 30, 200.
111. Spigelia, 6, 30.
112. Spongia Tosta, 2x, 3.
113. Stannum, 30.
114. Staphysagria, 30.
115. Stramonium, 30.
116. Sulphur, 30, 200, 1M.
117. Symphytum (Tincture).
118. Syphilinum, 1M.
119. Syzygium Jambolanum (Tincture).
120. Terebinthina, 3x, 6, 30.
121. Thiosinaminum, 2x or 3x.
122. Thlaspi Bursa Patrolis (Tincture), 6.
123. Thuja (Tincture) 6, 30, 1M.
124. Tuberculinum, 30, 200.
125. Veratrum Album, 30.
126. Yohimbinum (Tincture) 3.
127. Zincum Metellicum, 6.

□ □

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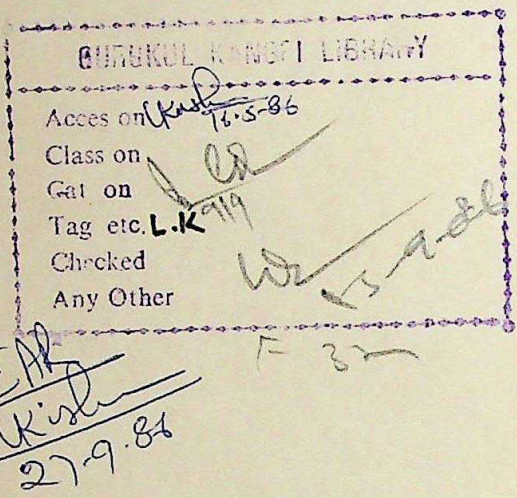

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terms of Diseases; Gradation of Symptoms; Peculiar Symptoms; The Patient Chilly or Hot; Valuation of Symptoms; Individualisation of Symptoms; Drug and Disease; Minuteness in Symptoms; Repertorisation; How to Study Kent's Repertory; Potency of Drugs; Repetition of Drug; Alteration of Remedies; Psora-Syphilis-Sycosis; Susceptibility to Disease; Homoeopathic Aggravation; Axioms for Aggravation and Amelioration; Some Practical Examples of Cure; Prophylactics in Homoeopathy. Price Rs. 25.

4. From Old Age to Youth (In Hindi), **'बुढ़ापे से जवानी की ओर'**: Dr. Satyavrata is running 84 years of his life. He is enjoying excellent health. He is youthful and energetic. All this is due to Homoeopathy and the exercises invented by him to keep young. This book mentions in detail the Homoeopathic medicines and the exercises useful for long and healthy life. Primarily the book is meant for the young who want to ward off the trials of old age. Present Price is Rs. 25.

5. Dr. Satyavrata's Chart of Comparison of Biochemic Drugs at a Glance (In English): Price Rs. 5.

6. First-Aid Specifics of Homoeopathic and Biochemic Treatment (In English): This latest book on Homoeopathic and Biochemic Treatment gives Specific remedies of Homoeopathic and Biochemic Treatment with their potencies which will serve the purpose of the beginners, and will be useful in time of emergency. It mentions 299 diseases with their treatment of experienced physicians. Everywhere the authority is quoted. Price Rs. 50.

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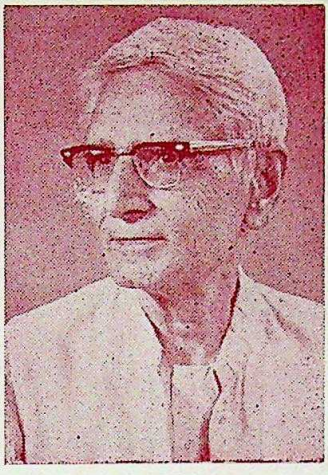
डॉ० सत्यव्रत सिद्धान्तालंकार का परिचय

विद्यामार्तण्ड डा० सत्यव्रत जी सिद्धान्तालंकार का जन्म ५ मार्च १८९८ में लुधियानान्तर्गत सवद्दी ग्राम में हुआ। आप १९१९ में गुरुकुल कांगड़ी के स्नातक होने के बाद कोल्हापुर, बैंगलौर, मैसूर, मद्रास में चार वर्ष तक समाजसेवा का कार्य करते रहे। १९२३ में आप 'दयानन्द-सेवा-सदन' के आजीवन-सदस्य होकर गुरुकुल विश्व-विद्यालय में प्रोफेसर हो गये। १५ जून १९२६ को आप का विवाह श्रीमती चन्द्रावती लखनपाल एम० ए०, बी० टी० से हुआ। आप ३०-११-१९३० को सत्याग्रह में गिरफ्तार हुए और १९३१ को गांधी-इरविन पैक्ट में छोड़ दिये गये। आपकी पत्नी २० जून १९३२ में यू०पी०सी०सी० की अध्यक्षा-पद से आगरा में गिरफ्तार हुईं। उन्हें एक साल की सजा हुई। १९३४ में चन्द्रावती जी को **'स्त्रियों की स्थिति'** ग्रन्थ पर सेकसरिया तथा २० अप्रैल १९३५ में उन्हें **'शिक्षा-मनोविज्ञान'** ग्रन्थ पर महात्मा गांधी के सभापतित्व में मंगलाप्रसाद पारितोषिक दिया गया। अप्रैल १९५२ में वे राज्य-सभा की सदस्या चुनी गईं और १० साल तक इस पद पर रहीं। डॉ० सत्यव्रत जी अपनी सेवा के दौरान मई १९३५ में गुरुकुल विश्वविद्यालय के उप-कुलपति नियुक्त हुए। १५ नवम्बर १९४१ को सेवा-काल समाप्त कर वे बम्बई में समाज-सेवा-कार्य में व्यस्त हो गये। २ जुलाई १९४५ को आपकी पत्नी कन्या गुरुकुल देहरादून की आचार्या पद पर नियुक्त हुईं। डा० सत्यव्रत जी ने इस बीच **'समाजशास्त्र'**, **'मानवशास्त्र'**, **'वैदिक-संस्कृति'** तथा **'शिक्षा'** आदि पर बीसियों ग्रन्थ लिखे जो विश्वविद्यालयों में पढ़ाये जाने लगे। आपके **'एकादशोपनिषद्-भाष्य'** की भूमिका राष्ट्रपति डा० राधाकृष्णन ने तथा आपके **'गीता-भाष्य'** की भूमिका प्रधान मंत्री श्री लालबहादुर शास्त्री ने लिखी। आपके होम्योपैथी के ग्रन्थों को सर्वोत्कृष्ट ग्रन्थ घोषित कर उन पर एक हज़ार का पारितोषिक दिया गया। इन ग्रन्थों का विमोचन राष्ट्रपति वी०वी० गिरि ने किया। ३ जनवरी १९६० को आपको **'समाजशास्त्र के मूल-तत्व'** पर मंगलाप्रसाद पारितोषिक देकर सम्मानित किया गया। ४ जून १९६० को आप दोबारा छः साल तक गुरुकुल विश्वविद्यालय के उप-कुलपति नियुक्त हुए। ३ मार्च १९६२ को पंजाब सरकार ने आपके साहित्यिक-कार्य के सम्मान में चंडीगढ़ में एक दरबार आयोजित करके १२०० रु० की थैली तथा एक दोशाला भेंट किया। १९६४ में राष्ट्रपति राधाकृष्णन ने आपको राज्य-सभा का सदस्य मनोनीत किया। १९७७ में आपके ग्रन्थ **'वैदिक विचारधारा का वैज्ञानिक आधार'** पर गंगाप्रसाद उपाध्याय ट्रस्ट द्वारा १२०० रु०, उत्तर-प्रदेश सरकार द्वारा २५०० रु० और श्री रामकृष्ण हरजीमल डालमिया पुरस्कार समिति द्वारा ११०० रु० का पुरस्कार दिया गया। १९७८ में आप नैरोबी के अन्तर्राष्ट्रीय आर्य महासम्मेलन के अध्यक्ष हुए। १९७८ में दिल्ली प्रशासन ने वेदों के मूर्धन्य विद्वान होने के नाते सम्मान-अर्पण समारोह करके आपको २००१ रु० तथा सरस्वती की मूर्ति देकर सम्मानित किया। आपने होम्योपैथी पर अनेक ग्रन्थ लिखे हैं जिन में से **'होम्योपैथिक औषधियों का सजीव चित्रण'**, **'रोग तथा उनकी होम्योपैथिक चिकित्सा'**, **'बुढ़ापे से जवानी की ओर'** तथा **'होम्योपैथी के मूल-सिद्धन्त'** प्रसिद्ध हैं। आपके अंग्रेजी में लिखे ग्रन्थ 'Heritage of Vedic Culture', 'Exposition of Vedic Thought', 'Glimpses of the Vedas' तथा 'Confidential Talks to Youngmen' का विदेशों में बहुत मान हुआ है। आपके नवीनतम ग्रन्थ **'ब्रह्मचर्य संदेश'**, **'वैदिक-संस्कृति का संदेश'** तथा **'उपनिषद्-प्रकाश'** हैं। इस समय आप गुरुकुल विश्वविद्यालय के विजिटर भी हैं।



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